

March – April 2007

LOMA LINDA UNIVERSITY MEDICAL CENTER

# A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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Hey Kids,  
Enter to Win a  
FREE Bike!

See Page 3  
for details.

Motivate Your Little Couch Potato. See Page 3.



# Keep **Poison** Out of Sight of Young Ones

Every year, millions of young children accidentally swallow bleach, detergent, drain cleaner, and other poisonous household chemicals. In fact, any interesting-looking substance—including medicines—can be a target of your tot's desire to taste and explore.

Luckily, there's plenty you can do to make your home poison proof. Here are some tips:

- Store harmful products in a cabinet with a lock or child-safety latch. Or place them on a high shelf so they're out of sight and reach.
- Take steps to eliminate potential poisons in your bathroom. Look for vitamins and supplements containing iron, over-the-counter pain relievers, personal care products that contain ethanol, and prescription medicines.
- Keep products in their original, labeled containers. Never use milk cartons or soda bottles to store household products.
- After you've finished using a cleaning



solution, seal the container tightly and immediately put it back where it belongs.

- Store prescription medicine out of children's reach and discard ones that are out of date. ●

## PLANTS SOMETIMES SPELL POISON

Plants add beauty to your home and garden. But some may be toxic if swallowed.

Some common plants with poisonous leaves or berries include:

- Philodendron
- Castor bean
- Holly berries
- Foxglove
- Tulips
- Amaryllis
- English ivy.

And there are many more. Even some edible plants have poisonous parts. For instance, the vine and roots of tomato plants are toxic.

To prevent plant poisonings, keep houseplants out of easy reach of young children and pets.

Always ask if a plant you are thinking about buying is toxic. If your child eats part of a plant, call the poison control center right away.

### Kids' Health Made Easy

To learn other helpful tips to keep your child safe and healthy, check out the KidsHealth section on the Loma Linda University Children's Hospital website at [www.llu.edu/lluch](http://www.llu.edu/lluch).

## YOUR CHILD SWALLOWED SOMETHING POISONOUS—NOW WHAT?

Here's what you should do if a child swallows something you know or suspect is poisonous:

- Call your local poison center. Don't know the number? Dial 1-800-222-1222 to have your call routed locally.
- Dial 911 for emergency help if your child collapses or stops breathing.

The American Academy of Pediatrics no longer recommends using syrup of ipecac to induce vomiting.



# Motivating Your Little Couch Potatoes

Children are spending more of their leisure time sitting in front of a television or computer. As a result, more children today are less fit or weigh more than they used to.

Gym class at school may not be enough. Children need at least 30 minutes of moderate activity on most days of the week, either in short bursts throughout the day or all at once.

This spring, help your kids get moving:

- Instead of watching television, take family walks.
- Encourage children to walk the dog or help with chores. These activities burn calories and offer other health benefits.
- Buy toys that make kids move, such as sports equipment and active games.
- Are you getting enough exercise? One study found that children whose parents were not active were more likely to be



inactive themselves. Plan family outings that involve exercise.

- Take young children to the local playground.
- Organize a play group so your children can play hopscotch or jump rope with others.
- Check out your community center to see what clubs or sports are available for your child's age group.
- Encourage children who aren't interested in team sports to try swimming, in-line skating, or martial arts. ●

## EASE YOUR CHILD'S FEAR OF DOCTOR VISITS

A doctor's white coat might as well be a villain's black cape to some kids who are frightened by physicians. Here's how to help your little one see that your doctor isn't a "baddie," but rather someone who can help:

- Be honest. Tell your child what to expect. For example, you could say that shots will hurt for a minute or so.
- Ask to be with your child during procedures whenever possible. This can ease your anxiety, as well as your child's.
- Use a pinwheel or musical instrument to distract your child during shots or other uncomfortable moments. Let her know it's OK to cry.

## Write to Ride Writing Contest

Are you or someone you know younger than 13 years old? Here's your chance to win a FREE bicycle, sponsored by Loma Linda University Children's Hospital.

To enter the contest you must:

- 1 Write a story about what it means to be healthy or how you can live a healthy life. For example, you can tell a story about the kinds of healthy food you eat or different ways you exercise. Your story must be at least 75 words,

but no more than 100.

- 2 Send a photo of yourself doing something healthy: for example, riding a bike or eating a healthy snack.
- 3 Send your stories, *postmarked no later than April 2, 2007*, to:

LLUMC Marketing Department  
 Attn: A Healthy Tomorrow  
 Bike Contest  
 PO Box 2000  
 Loma Linda, California 92354



Win a  
 FREE  
 Bike!

Three winners will be chosen. The top winner's story will be featured in a future issue of *A Healthy Tomorrow* newsletter.

# Do You Get Enough Potassium?



POTASSIUM IN	MILLIGRAMS
1 baked sweet potato	694
¼ cup tomato paste	664
½ cup cooked beet greens	655
1 baked potato	610
½ cup canned white beans	595
8 ounces nonfat yogurt	579
¾ cup prune juice	530
½ cup cooked lima beans	484
½ cup cooked winter squash	448
½ cup spinach	419
¾ cup tomato juice	417
½ cup stewed prunes	398
1 cup nonfat milk	382
¼ cup dried apricots	378

Consuming enough potassium can help lower your blood pressure. But that's not all. This valuable mineral can also reduce the risk of developing kidney stones and protect against age-associated bone loss. Potassium might even be good for your smile. A recent article in the journal *Community Dentistry and Oral Epidemiology* found that a diet rich in healthy nutrients, including potassium, helped prevent tooth loss in women.

The U.S. government's Dietary Guidelines for Americans recommends that adults consume 4,700 milligrams of potassium a day. It's best to meet this goal through food, not supplements.

If the advice to eat your potassium makes you head to the kitchen for a banana, peel away. A medium banana packs a healthy 422 milligrams of

potassium. But there are plenty of other foods that contain at least as much. So, add some of the potassium-rich choices above to your menu. ●

## April Is Organ Donor Awareness Month

Currently, more than 92,000 people are waiting for the gift of life through organ donation.

Each day, about 74 people receive organ transplants, but about 19 die waiting for transplants that don't happen because of the shortage of donated organs.

Please decide today to make your wishes known about organ and tissue donation.



## NATIONAL DOCTOR'S DAY



Doctor's Day is March 30. We salute all of our doctors for their compassionate work and dedication to their calling.

You can thank a doctor who has provided you exceptional care by sending him or her a note or card to show your appreciation. If you work with a single doctor, or a group of doctors, you can express your gratitude for their dedication, being easy to work with, or simply to recognize your working relationship.



# Laughter Can Help Your Health



**H**ave you thought about laughing to make yourself feel better? Research suggests that laughter may offer possible health benefits. Indeed, studies show that laughter and good humor may boost your immune system in many ways.

## Good for the Body

Laughter has been shown to:

- Lower levels of cortisol—a stress hormone that suppresses the immune system
- Increase levels of infection fighters called immunoglobulins
- More than double the levels of cytokines, which manage how your immune system works
- Increase the activity of cells that seek out and destroy abnormal cells, such as viruses and tumors.

One study found that heart attack patients who had 30 minutes of humor a day were less likely to have a second heart attack, needed less medicine, and had lower blood pressure. Laughter may also ease pain and enhance memory, heart and lung function, and circulation.

## Mental Health, Too

Humor is also a great stress-buster. It can help you relax and temporarily forget your troubles. Humor can also improve your mood, briefly lift an emotional depression, and help in coping with difficult situations.

## See the Humor

For humor to be health enhancing, it should be positive and upbeat.

- Every day, try to read, listen to, or watch something funny.
- Laugh out loud.
- Surround yourself with pets or upbeat people.
- Find humor in every situation.
- Don't forget to laugh at yourself, too. ●

## See Your Doctor

**Good health starts with regular visits or checkups with your doctor. To make an appointment with a doctor at the Loma Linda University Family Medical Group, call 1-877-LLUMC-4U today.**

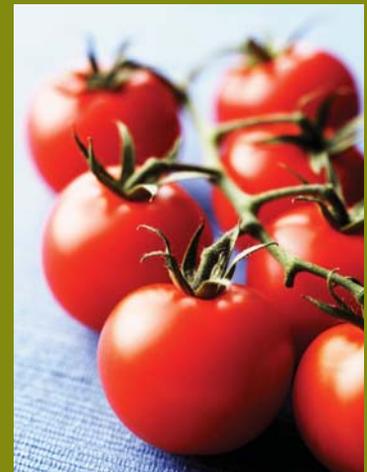
## Fresh Tomato Salad

This tomato salad can be served as a vegetarian meal or to accompany a main dish. Tomatoes are a rich source of beta carotene and lycopene, which may help to improve immune function and decrease the risk of cancer. The fresh basil adds a tasty kick that won't have you reaching for too much salt.

- 8 tomatoes cut into approximately 32 ½-inch slices
- 1 C red onion, thinly sliced into rings
- ½ C fresh basil, chopped
- ½ C rice vinegar
- 1 T olive oil
- 1 t sugar
- ½ t salt

1. Place tomato slices and onion in a large, rectangular dish.
2. Combine basil and rice vinegar, olive oil, sugar, and salt, and stir well. Pour over tomatoes and onions.
3. Cover and chill for at least two hours.

*Nutrition information per serving:  
Calories: 35, Total fat: 1.9 g, Saturated fat: .3 g, Cholesterol: 0 mg, Sodium: 152 mg*



# Do You Know Someone with a **Drinking Problem?**

**E**xcessive drinking is hazardous to anyone's health. This is especially true for women. For example, women typically develop alcohol-related diseases sooner than men. Plus, these conditions often cause a woman's health to deteriorate more quickly than a man's.

Why does drinking affect women and men differently? First, women tend to be smaller than men. But even a woman who weighs the same as a man typically has less water in her body to dilute the alcohol. Plus, women generally have less of an enzyme that breaks down alcohol before it enters the bloodstream.

Excessive drinking can boost a woman's risk for many problems, such as:

- Liver disease
- Early menopause
- High blood pressure
- Head and neck, breast, and digestive cancers
- Heart disease
- Delivering a baby with birth defects.

One or more of these behaviors could point to a drinking problem:

- Acting differently while drinking
- Drinking solely to get drunk
- Thinking about alcohol often
- Regularly consuming more alcohol than you intended
- Being depressed or anxious
- Drinking when you're angry or sad

A woman with a drinking problem may develop alcoholism, a physical dependence on alcohol. She might exhibit symptoms of problem drinking. She may drink increasing amounts in



time and find it impossible to stop drinking to excess. When she abstains from alcohol, she might experience withdrawal symptoms, such as nausea, sweating, shaking, or anxiety.

If you think you have a drinking problem or are an alcoholic, ask your doctor for guidance. ●

## FREE Brochure

To receive an informational brochure on Loma Linda University Behavioral Medicine Center's Chemical Dependency program, please call 1-877-LLUMC-4U.

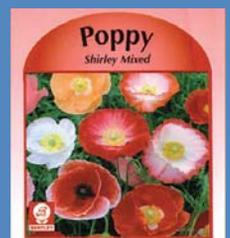


## GARDENING IS GOOD EXERCISE

Do you prefer digging in the dirt to sweating on a treadmill? Well, here's some good news. These gardening tasks use the same amount of energy as walking at a moderate pace:

- Raking and bagging leaves
- Digging or hoeing
- Weeding while standing and bending
- Trimming and hauling branches
- Mowing the lawn with a power mower

Call 1-877-LLUMC-4U today to receive a free minipack of seeds to get a jump start on your gardening projects.



LOMA LINDA UNIVERSITY  
MEDICAL CENTER



# Upcoming Events

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

MARCH-APRIL 2007

## MEDICAL CENTER & CHILDREN'S HOSPITAL

### Big Hearts for Little Hearts Desert Guild presents a Cooking Demonstration

Sirocco at The Renaissance Esmeralda  
Proceeds benefit the Children's Hospital  
*Wednesday, March 7*

### Jackson Invitational

Golf tournament benefiting the Children's Hospital  
Eagle Glen Golf Club  
*Friday, April 27*  
Call to register.

### 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  
*Mondays, March 5 and 19,*  
*April 2 and 16*

**EDITOR'S CORNER:** To clarify last issue's DASH diet serving recommendations in the article "DASH to Health with a Disease-Fighting Diet," examples of one serving of nuts, seeds, and beans include: **1/3 cup of nuts; 2 tablespoons of seeds; 1/2 cup of cooked beans; or 2 tablespoons of peanut butter.**

## CENTER FOR JOINT REPLACEMENT

### FREE Arthritis Seminar

*Wednesdays, March 14 and April 11*  
9:30 to 11 a.m.  
Preregistration required.

## RADIATION MEDICINE

### Head and Neck Support Group

*Every Wednesday at 1 p.m.*

### Lunch Group

*Every Tuesday at 1 p.m.*

### Wives & Caregivers Support Group

*Every Thursday 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 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

## DRAYSON CENTER

### Fitness & Wellness

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

## 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

## Clinical Research on Tooth Whitening

Loma Linda University School of Dentistry, Center for Dental Research is seeking out research participants to investigate the efficacy of various tooth whiteners and procedures.  
Call if you are interested.

## CENTER FOR HEALTH PROMOTION

### Weight Management Orientation

*Tuesdays, March 6 and 20,*  
*April 3 and 17*

Designed for those interested in a weight management program  
*Preregistration required.*

### 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: body fat measurements by composition analyzer or underwater weigh, 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.**

# Six Strategies that Protect Against Colon Cancer

Each year, cancer of the colon or rectum kills more Americans than any other cancer except lung cancer. But the outlook is bright: Experts are discovering many ways to lower your risk of dying from this cancer that attacks the digestive system.

## Six Lifelong Habits

Research shows that the following tactics can lower your risk for colon cancer:

- 1 Maintain a healthy weight.
- 2 Eat a diet rich in fruits and vegetables and other plant foods, such as whole-grain breads and cereals. Many of these foods contain substances that fight off cancer.
- 3 Take a multivitamin that contains folic acid. Long-term use may decrease colon cancer risk by 75%. Foods rich in folate, such as oranges and leafy green vegetables, also offer protection.
- 4 Exercise regularly—it can cut the risk of colon cancer in half.
- 5 Get adequate calcium from foods or a supplement. Consumption of about 700 to 800 milligrams of calcium a day reduced the risk of one type of colon cancer by 40 to 50%.

## The Sixth Strategy: Screenings

Colon cancer may cause symptoms, including:

- Blood in or on the stool
- Recurrent stomach pain or cramping
- Narrow, ribbonlike stools
- Unexplained weight loss.

But more typically, colon cancer does not produce any symptoms. That's why



experts recommend regular screenings for people who have a high risk of the disease. These include:

- Men and women age 50 and older
- People with a personal or family history of colon cancer or polyps, which are precancerous growths in the colon or rectum
- Anyone with inflammatory bowel

disease, such as ulcerative colitis or Crohn's disease.

Talk to your doctor about when to begin screening and which screening tests to take. Screening tests include:

- Fecal occult blood test
- Flexible sigmoidoscopy
- Colonoscopy
- Double-contrast barium enema. ●

## March Is Colorectal Cancer Awareness Month

During this month, Loma Linda University Cancer Institute would like to remind you that screening is your best defense—especially if you are at risk. LLUCI is offering free colorectal cancer screening kits. This is a \$15 value!

Quantities are highly limited. Please call 1-877-LLUMC-4U to find out how you can receive your kit.



LOMA LINDA UNIVERSITY MEDICAL CENTER  
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## LOMA LINDA UNIVERSITY MEDICAL CENTER A Healthy Tomorrow

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