

September – October 2007

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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- 3 FIGHTING HEART DISEASE
- 4 CERVICAL CANCER
- 6 MEN AND DEPRESSION
- 7 UPCOMING EVENTS

FREE
Dental Pack

See Page 3
for details.

Downsize Your Body Mass Index. See Page 2.

The Upside of Downsizing Your BMI



■ At 30 and above, you are obese.

In general, BMI increases as we get older, reaching its peak when we are in our 50s. After age 60, BMI dips slightly.

Gaining from Weight Loss

Losing weight can have many benefits. For example, weight loss:

- Improves cholesterol and blood pressure
- Reduces diabetes risk
- Is linked to a lower risk

Body mass index (BMI) is a tool to determine healthy weight. Besides measuring your weight, BMI takes height into account, providing a measure of your total body fat and health risks.

Defining BMI and Obesity

Here's how to determine your BMI:

- Multiply your weight in pounds by 703.
- Divide that number by your height in inches.
- Then divide that number by height in inches again. The final number is your BMI.

If your BMI is:

- Below 18.5, you are underweight
- Between 18.5 and 24.9, you are at a normal weight
- Between 25 and 29.9, you are overweight

for breast cancer in postmenopausal women.

Lowering Your BMI

Losing weight is a big task, but little changes can help:

- Eat breakfast—preferably cereal, which is associated with a lower BMI in both men and women.
- Aim to get at least 150 minutes of activity per week. ●

Need Help Checking Your BMI?

Call 1-877-LLUMC-4U to receive your **FREE personal BMI calculator.** Supplies are strictly limited.



Stay Fit with the Drayson Center

The Loma Linda University Drayson Center features many exercise, fitness, and wellness programs to help you stay fit. Call 1-877-LLUMC-4U or visit us online at www.llu.edu/llu/drayson find out more.

SIMPLE TIPS FOR GOING VEGETARIAN



Thinking about going veggie? According to the American Heart Association, studies suggest vegetarians have a lower risk for obesity, coronary heart disease, high blood pressure, diabetes, and even some types of cancer. And, it's easy to eat a balanced vegetarian diet. Just try these tips:

- Build meals around low-fat protein sources, such as lentils, rice, and tofu. Try tofu in a vegetable stir-fry, or corn tortilla quesadillas with black beans and soy-based cheese.
- Choose whole-grain foods and fortified or enriched cereal products.
- Eat a variety of fruits and veggies. In fact, aim to eat all the colors of the rainbow for a range of nutrients. Add extra helpings to pizza, soup, and burritos.



Go Veggie and Save

Call 1-877-LLUMC-4U

to receive your coupon good for one FREE

Vibrant Life Product (up to \$3.50) redeemable at the Loma Linda Market. Coupon valid until October 30, 2007.



Lower Your Risk for Gum, and Possibly, Heart Disease

Sure, healthy gums are important for your smile—without them, you can lose your teeth. Here's another fact to chew on: More and more research suggests that gum disease may boost the chances of developing cardiovascular problems.

Explaining the Connection

Several studies have shown a link between gum disease and heart attack, heart disease, and stroke. In one study, those with severe gum disease were almost 10 times more likely to have coronary artery disease than their peers with healthy gums.

Some researchers think bacteria—the culprits behind gum disease—explain the connection. Chewing, talking, and swallowing seem to “pump” bacteria out of the gums of people with gum disease. These germs may then enter the blood through sores in the gums—a frequent annoyance for those with severe gum disease.



Experts believe that when these bacteria enter the blood, the body produces proteins that cause swelling in the arteries. One of these, C-reactive protein, is linked to plaque buildup in the arteries.

What about people who already have heart disease? Based on the research so far, scientists don't think gum disease raises future heart risks in these people.

Despite these recent findings, experts can't say for sure that gum disease causes heart disease or stroke on its own. There

may be other explanations that need to be explored. For this reason, more research is under way.

For a Healthy Smile—and maybe Heart

Here are some strategies for good oral hygiene:

- Brush at least two times a day, and floss once a day.
- Don't use tobacco in any form.
- Eat a healthy diet. Limit foods high in sugar.
- Visit your dentist for regular checkups and cleanings.

It's important to be on the lookout for signs of gum disease. These include tender or bleeding gums, loose teeth, bad breath, or a bad taste in your mouth. If you have gum disease, medicine or other treatments can help preserve your smile—and possibly your heart health. ●

FREE Dental Pack

To receive your free mini dental pack, please call 1-877-LLUMC-4U.

Sponsored by the Loma Linda University School of Dentistry.

SOME GOOD FOODS FOR BAD CHOLESTEROL

Putting a few well-chosen foods on your plate each day could be as effective as taking medicines called statins to lower your cholesterol. One study found that people with high cholesterol were able to cut their LDL—or “bad”—cholesterol by up to 20 percent if they ate four cholesterol-lowering foods per day for one year. The foods included almonds, soy protein, margarine with plant sterols, and fiber-rich foods, such as eggplant and oat bran.

American Journal of Clinical Nutrition



Vaccine Targets Cause of Most Cervical Cancers

Last year, the U.S. Food and Drug Administration approved the first vaccine to prevent cervical cancer. The vaccine works by preventing infection from certain cases of human papillomavirus (HPV) that cause most types of cervical cancer.

Understanding HPV Infection

HPV is the most common sexually transmitted infection in the United States. Not all HPV infections lead to cervical cancer—in fact, most don't. Many women's bodies are able to beat HPV so it clears on its own. For others, HPV remains in the body and results in cervical cancer.

The vaccine is effective at preventing the two types of HPV that cause 70 percent of cervical cancers. The vaccine also helps prevent genital warts due to certain strains of HPV.

Providing Protection from HPV

The vaccine is approved for use in females ages 9 to 26 and should be given before they are exposed to the virus. The government's Advisory Committee on Immunization Practices (ACIP) recommends that doctors make it a



routine to offer the vaccine to girls ages 11 to 12. A catch-up vaccine is recommended for girls ages 13 to 18.

The vaccine is given as three injections over a six-month period. It does not appear to cause any serious side effects.

Keep in mind—the vaccine does not reduce the need for Pap screening, which checks for abnormal cells in the cervix. That's because the vaccine doesn't protect against all types of cervical cancer. Experts recommend women have a Pap test at least once every three years, beginning no later than age 21. ●



Talk to Your Doctor

To find out more about this vaccine, make an appointment with your physician. If you need to find a doctor and make an appointment, call 1-877-LLUMC-4U or go to the Web at www.wehaveonemission.com.

Learn More!

AT YOUR SERVICE

Going to a hospital can be a stressful experience. Here at Loma Linda University Medical Center, Hospitality Services and Concierge are providing services to patients, visitors, and our clinical and support staff to make their lives easier.

Services include:

- Valet
- Door Service
- Information (including maps and directions)
- Reservations
- Event ticketing
- Gift procurement
- Special meal pick-up
- Laundry...just to name a few.

Here at LLUMC, we make every effort to bring balance to our patients' busy lives and create a healing environment. This has become ever more important as we try to support our patients' complete needs and enhance our staff's work experience.



FREE Gift

To receive a sample of our complimentary tissue packet, please call 1-877-LLUMC-4U.



Sugar Substitutes: Sweet...and Safe?

We've all experienced a sugar craving at one time or another. Perhaps it's for your favorite candy bar or that last slice of cake. But too much sugar can mean too many extra calories, which may lead to unwanted weight gain. Are artificial sweeteners a safe substitute to help cut calories?

Finding the Sweet Truth

Many people still question the safety of artificial sweeteners and are concerned with potential cancer risks. Earlier research on animals found a connection between bladder and brain cancers and artificial sweeteners. However, numerous studies involving humans have since shown that artificial sweeteners are indeed safe.

One recent long-term study showed there was no association between the use of saccharin and other artificial sweeteners and an increased risk for several common cancers, including breast, prostate, and colon cancers.



Another study confirmed that aspartame does not increase brain cancer risk.

Pink, Blue, or Yellow?

There are several FDA-approved sweeteners available today, often recognized by their colorful packets. Any one of them can replace the sugar bowl as your tabletop sweetener. Because they're many times sweeter than sugar, you only need a tiny amount to get the same level of sweetness, meaning only a fraction of the calories are consumed.

Which one should you reach for? Here's how to tell them apart:

Pink = Saccharin

The pink packet is saccharin sold under the brand name Sweet'N Low. Saccharin is the oldest artificial sweetener—it dates back to 1879—and can be used for baking.

Blue = Aspartame

Blue packets are often aspartame. Brands include NutraSweet and Equal. Aspartame is found in many diet soft drinks. But avoid baking with it—aspartame breaks down in heat.

Yellow = Sucralose

A yellow packet usually indicates sucralose, which is sold under the brand name Splenda. Sucralose is made from sugar, but it's not digested by the body—meaning it adds no calories to food. This sweetener is great for baked goods. ●

Peach-Apple Crisp



Serve this guilt-free, delectable dessert to family and friends.

- 20 oz. canned, sliced peaches in a light-syrup pack, drained
- 2 medium-sized, tart apples, peeled and sliced
- ½ tsp. vanilla
- ¼ tsp. ground cinnamon
- ¾ c. + 3 tbsp. flour
- ¼ c. brown sugar, packed
- 3 tbsp. margarine, chilled

1. Preheat oven to 350 degrees Fahrenheit. Lightly grease a 9x9x2-inch casserole dish.
2. Mix peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread out evenly in the greased casserole dish.
3. Mix flour and sugar in a small bowl. Slice in margarine pieces and mix until mixture looks like coarse meal.
4. Sprinkle the flour mixture evenly over the fruit.
5. Bake about 40 minutes.

Yield: 8 servings

Serving Size: ½ cup

Each serving provides: Calories: 175, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Sodium: 57 mg

Source: United States Department of Agriculture, Center for Nutrition Policy and Promotion

The Secret Syndrome: Men and Depression

It's one of the oldest myths about masculinity: Real men don't get depressed. This misconception means that many men who live with this mood disorder never seek help. Surveys do show that women in the United States are twice as likely to have depression, and some scientists blame the depression gap on differences in female body chemistry. Yet, others say the gap may not exist at all.

Looks Are Deceiving

Men are four times more likely than women to commit suicide. Some psychologists believe this is because many depressed men simply go undetected and never receive the help they need.

Why do they go undetected? One reason could be that depression "looks" different in men. As a result, doctors and loved ones may not recognize it. Some classic symptoms of depression are well-known, such as:

- Persistent feelings of sadness and despair
- A constant sense of worthlessness or guilt
- Suicidal thoughts.

However, a man may express depression in other ways. Instead of saying he feels sad, he may instead:

- Complain about constant fatigue
- Become easily angered, irritable, or frustrated
- Lose interest in hobbies, sex, or work; however, some men cope with depression by working too much.

Depression in Disguise

Certain psychological problems are more common in men than in women.

Experts say depression is at the root of these behaviors, which include:



- Substance abuse
- Violent, abusive behavior
- Reckless or risky behavior.

Start Talking

Don't suffer in silence. Your doctor can refer you to a mental health professional. More than 80 percent of people with depression respond to psychotherapy, medication, or other treatments. ●



FREE Brochure

To find out more about Loma Linda University Behavioral Medicine Center, call 1-877-LLUMC-4U or request an informational brochure.



A SAFETY CHECKLIST FOR KIDS' BACKPACKS

Carrying heavy backpacks can lead to back pain, muscle fatigue and soreness, and other problems. Here's how to lighten your kids' loads:

- Pack it smart. Experts advise not letting children carry more than 15 percent of their body weight in their backpacks. Put the heaviest items closest to your child's back.
- Buy a pack with a waist strap—and make sure your children use it for heavy loads.
- Tell your kids to bend with both knees when picking up a heavy pack.
- Make sure the straps of the backpack are wide and padded for comfort.

- Tell your kids it's important to carry it evenly. A recent study concluded that carrying a pack on only one shoulder boosts the risk of back pain in adolescents.



FREE Fun Ruler!

Getting ready for back-to-school season? Call 1-877-LLUMC-4U today, and receive a free color-in ruler. Sponsored by Loma Linda University Children's Hospital. Supplies are limited.



Upcoming Events

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

SEPTEMBER–OCTOBER 2007

MEDICAL CENTER & CHILDREN'S HOSPITAL

Cardiac Rehab Program

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

A Walk to Remember

Sunday, October 14, 3:30 to 4:30 p.m.
A memorial walk held in honor of National Pregnancy and Infant Loss Awareness Month.

Pulmonary Rehab Program

For those with lung disease
Please call for more information.

Moms Joining Moms Support Group

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

Grief Recovery Support Group

Mondays, 7 to 8:30 p.m.
Call to register.

Pet Grief Recovery Support Group

Wednesdays, 7 to 9 p.m.
Call to register.

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.

Lupus Symposium

Sunday, October 28
Loma Linda doctors will be speaking on Lupus and other Autoimmune conditions.
Call to register.

5-Week Childbirth Class

Beginning September 20
Covers Lamaze method.
All aspects and stages of the birth process are discussed.
Call to register.

Newborn Care Class

Wednesday, September 26
6:15 to 9:15 p.m.
For anyone planning to care for a newborn.
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

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

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.

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, September 11 and 25 and October 2, 16, and 30 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

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, September 12 and October 10
9:30 to 11:30 a.m.
East Campus, Meridian Room
Preregistration required.

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.

Stater Bros. / KFROGGERS for Kids

Stater Bros Market Radiothon
Benefiting the Children's Hospital cancer patients
Listen on KFRG 95.1 FM
October 16 and 17, 6 a.m. to 7 p.m.

Health and Fitness for the **Whole Family**

Whatever your age or fitness level, fall is a busy time for events to help you stay fit and healthy. Here are some dates to mark on your calendar:

Senior Health and Fitness Fair

Wednesday, October 24

9 a.m. to 1 p.m.

Enjoy a day full of exciting programs with:

- Health experts presenting seminars on various topics
- Personal trainers explaining weight room equipment
- Aerobic class demonstrations
- Massages
- Goody bags and refreshments

Sponsored by Just for Seniors and Loma Linda University Drayson Center

Disability Resources Expo

Thursday, October 25

9 a.m. to 1 p.m.

Come and learn about programs and information for the disabled on:

- Advocacy
- Education
- Housing
- Health
- Assistive technology
- Transportation

Sponsored by the PossAbilities program at Loma Linda University Medical Center East Campus.

Family Health Fair Day

Sunday, October 28

9 a.m. to 2 p.m.

Get ready for the flu season. Mark your calendars as Loma Linda University Medical Center provides free flu shots* to the community. Bring the whole family for a fun day of free health screenings including:

- Blood pressure
- Height and weight
- Hearing
- Dental
- Vision

You can also expect other health screenings and diagnoses provided at a minimal fee such as:

- Cholesterol
- Glucose
- Hepatitis C Virus
- PSA and TSH tests

**Flu shot supplies are limited.*

Availability is based upon national supplies during the flu season.



All events will be held at the Loma Linda University Drayson Center. For more information on any of these events, please call 1-877-LLUMC-4U.

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