

July – August 2008

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

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Baby Your Skin If You Have Psoriasis

Can't find relief from the itch of psoriasis? Don't let it get under your skin—you can find comfort.

Psoriasis causes thick, scaly patches of red or purple skin, usually on the scalp, face, palms, elbows, knees, lower back, and feet.

Even though there is no cure, psoriasis flare-ups can be controlled. Help keep your skin in the clear:

- **Don't let skin get too dry**, especially during cooler weather when the humidity is low. This makes psoriasis worse. After bathing, pat dry with a towel. When skin is still a little moist, slather on a heavy moisturizer to help seal in moisture. Using a moisturizer twice daily or every few hours can also help reduce "scales" and itching.
- **Don't smoke**. It dries out skin and may aggravate psoriasis.
- **Avoid drinking alcohol**. It can cause flare-ups.
- **Tame stress**, which can make psoriasis flare up in 40 to 80 percent of people who have it. Try reducing stress with meditation, yoga, deep breathing, or journal writing.
- **Keep your scalp healthy**. Avoid wearing your hair pulled or pinned back. This may irritate your skin. And skip blow-drying, which makes the scalp even drier. An over-the-counter shampoo with coal tar or salicylic acid may help. A prescription foam is also available for the scalp.
- **See your doctor**, and ask whether any medicines you take could make your skin worse. Some NSAIDs, such as ibuprofen, and medicines that treat



depression and high blood pressure may be culprits. Also, ask about creams or lotions that may ease your symptoms. Oral medicines and other treatments, such as light therapy, can help more severe psoriasis. Your doctor may also recommend a cream, lotion, or other product containing coal tar. These can stain fabrics and have a somewhat unpleasant smell. It's probably best to apply such a product at nighttime and use old pajamas and sheets. ●

Make an Appointment

Have questions about your condition and need to see a doctor? Call 1-877-LLUMC-4U to make an appointment with a primary care physician.

Living Our Values

At Loma Linda University Medical Center, we live by the five core values that shape our patient care. Guided by our vision of "Innovating excellence in Christ-centered health care," our values are as follows:

- **COMPASSION**— Reflecting the love of God through caring, respect, and empathy.
- **INTEGRITY**— Ensuring our actions are consistent with our values.
- **EXCELLENCE**— Providing care that is safe, reliable, and patient-centered.
- **TEAMWORK**— Collaborating to achieve a shared purpose.
- **WHOLENESS**— Embracing a balanced life that integrates mind, body, and spirit.

Employees have had this to say about how our values have shaped the way they treat our patients.

"Compassion is having a deep understanding of someone else's situation and having empathy for them." —NICU employee

"Wholeness—We don't treat diseases—we treat people." —Cancer Center employee

FREE Message Pen!

To receive a free *Our Values* pen, call 1-877-LLUMC-4U. Quantities are limited.



Take a Hike for Family Fun

Tell your kids to take a hike—and go with them. The whole family can find fun and fitness in the great outdoors.

Experts say family exercise decreases the risk for obesity, heart disease, diabetes, and high blood pressure for all age groups.

Your time together is also a chance to reconnect. Even if the talk is about nothing special, the interaction is important in so many ways.

If you're used to hiking without the kids, a family hike may be a different experience. Kids focus less on where they're going and more on the things around them. They may be curious about every bird, rock, and tree, so plan to stop a lot.

Here are some tips from the American Hiking Society, Safer Child, and other groups:

- Choose a hike that suits your kids' ages and abilities. Children can tire easily, and little bodies get hot and cold before big bodies. Younger children won't be as sure on their feet on uneven terrain.
- Teach kids about safety hazards. What does poison oak look like? Why is it a bad idea to put rocks in their mouths? Why shouldn't they try to pet the squirrels?
- Always give someone your itinerary, no matter how short the hike. Say how long you plan to be gone, where you're going, and the trails you plan to take.
- Do your homework. Get maps, learn about the area, and check weather conditions.
- Dress right. Just because it's 80 degrees when you start out doesn't mean it won't be 50 degrees as you come back. Pack an extra layer of warmth. Bring hats and rain gear too.
- Carry basic survival gear. The American Red Cross recommends every

hiker carry a small waterproof container with a pocketknife, compass, whistle, space blanket, nylon thread, water purification tablets, matches, and candle.

- Take plenty of high-energy snacks and drinking water.
- Let children carry their gear in a kid-sized backpack. The weight shouldn't exceed 10 to 20 percent of their total body weight.
- Apply sunscreen and insect repellent. Use sunscreen of SPF 15 or greater and insect repellent with no more than 30 percent DEET on children.
- Keep a close eye on your children. That can be easier if you dress them in bright, easy-to-see colors. Give them a whistle to blow if they get lost. ●

Keep Your Neck Cool!

Keep your cool when you take a hike with your family. Call 1-877-LLUMC-4U today and receive a free neck wrap cooler. Quantities are limited.



Steer Clear of These Plants on Your Next Hike

Some plants and flowers aren't as nice as they seem: A few can cause an unpleasant rash, swelling, or blisters when you come into contact with them. Don't touch or even smell these skin-irritating plants.

- **Poison oak:** Its slightly larger leaves look like oak tree leaves and grow in odd-numbered groups. Poison oak and ivy can grow as vines or shrubs.
- **Stinging nettle:** The drooping, heart-shaped leaves are about 2 to 6 inches long. They have ragged edges and are covered with stinging hairs.
- **Poodle-dog bush (pictured at right):** These beautiful, trumpet-shaped, purple flowers appear clustered on tall stalks, often in fire-damaged areas.



The Good News About **Good Cholesterol**

For heart health, you've probably heard it's good to have a low cholesterol level. But new research shows that higher levels of HDL cholesterol, the "good" cholesterol, can help your heart disease risk. High HDL levels may lower your risk for heart attack, stroke, and dying from heart disease. In fact, high HDL levels might offer you protection even if you have poor levels of LDL, or "bad," cholesterol.

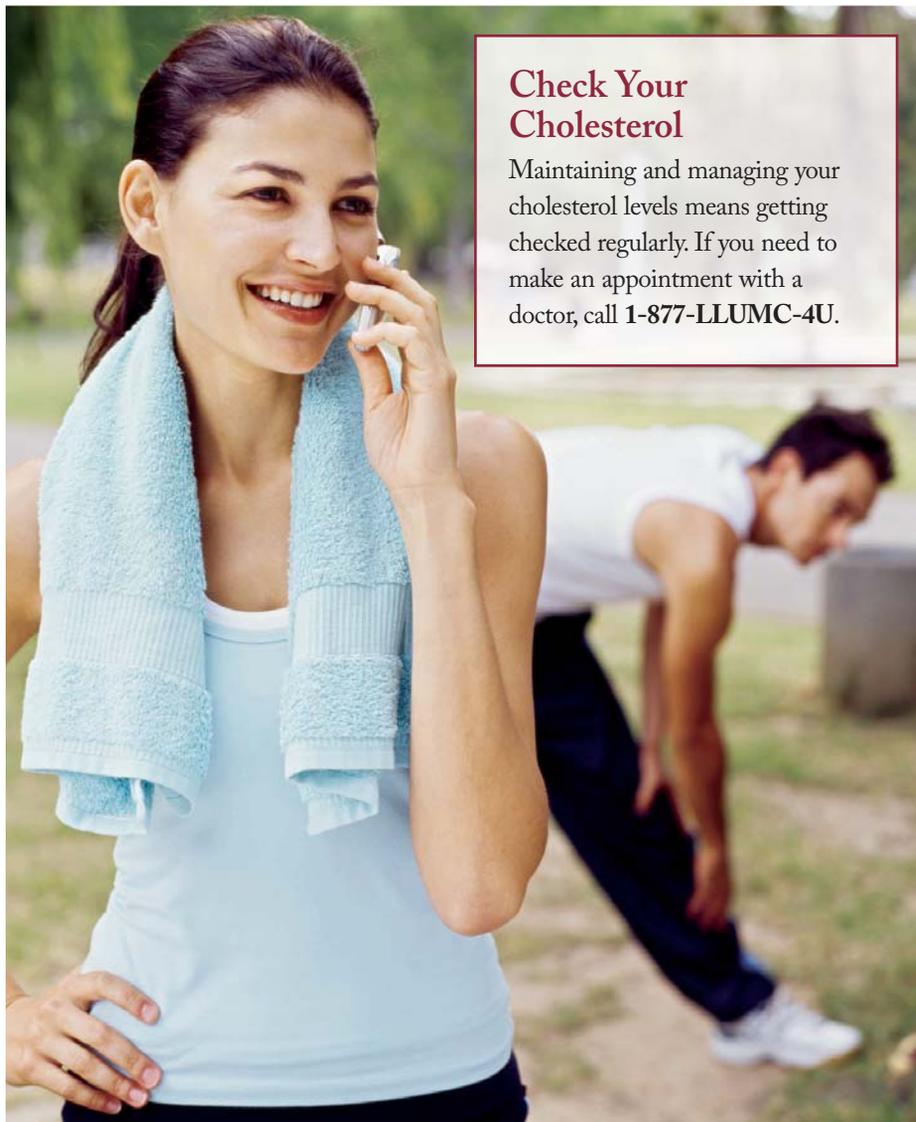
A new report in the *New England Journal of Medicine* studied almost 10,000 heart disease patients who were taking medications to lower their LDL (low-density lipoprotein) cholesterol. Those with the highest levels of HDL (high-density lipoprotein) cholesterol were 40 percent less likely to have a major heart problem within five years than those with the lowest levels.

The people in the study with the lowest heart risks had an HDL level of at least 55 mg/dL. Those with the highest heart risks had less than 38 mg/dL. The National Heart, Lung and Blood Institute says 60 mg/dL or more is best for heart health. A level of less than 40 mg/dL is considered a major risk factor for heart disease.

Cholesterol Deconstructed

Cholesterol forms a buildup in your arteries called plaque. This plaque can block blood flow, causing heart attacks and strokes.

On the other hand, HDL carries bad cholesterol from other parts of your body to your liver. There it breaks down and leaves your body through your digestive system. This helps keep cholesterol from building up in your arteries.



Check Your Cholesterol

Maintaining and managing your cholesterol levels means getting checked regularly. If you need to make an appointment with a doctor, call **1-877-LLUMC-4U**.

From age 20 on, have a blood test to find out your cholesterol levels at least once every five years. Your doctor might recommend more frequent tests if you have certain risk factors. Besides LDL and HDL levels, your test results will show numbers for triglycerides. These blood fats also clog arteries and boost heart disease risk.

The National Heart, Lung, and Blood Institute recommends these targets:

- Total cholesterol: less than 200 mg/dL
- LDL cholesterol: less than 100 mg/dL
- HDL cholesterol: 60 mg/dL
- Triglycerides: less than 150 mg/dL

HDL Help

Try these tips to raise your HDL levels:

- Be physically active for at least 30 minutes most days of the week.
- Lose weight if you're overweight.
- Ask your doctor about HDL-raising medications if lifestyle fixes don't work. ●



Why **Fill Up** on **Fiber**?

If you had a pill to help you feel fuller, lose weight, and help prevent diabetes and heart disease, you'd take it, right? Fiber—found naturally in fruits, vegetables, beans, nuts, seeds, and grains—offers these benefits and more.

Fiber can help you drop pounds by making you feel fuller after a meal. This curbs overeating. And research shows that the more fiber you eat, the less body fat you have, according to the journal *Nutrition*.

A fiber-rich diet has a host of other health benefits. They include:

- Preventing and treating constipation
- Reducing your risk for coronary heart disease
- Lowering your risk for certain types of cancer, including breast cancer
- Improving cholesterol levels

Adults should consume about 20 to 35 grams of fiber daily. Specifically, aim for 14 grams of fiber per 1,000 calories in your diet. You can get this recommended daily amount if you follow these steps:

- Take the U.S. Department of Agriculture's advice to eat six daily servings of cereal and grain foods, including three servings of whole grains, plus five servings of fruits and vegetables. For example, a large, unpeeled pear has about 5 grams of fiber.
- Read the labels on prepared foods to help you make high-fiber choices.
- Switch to whole-grain bread and crackers and brown rice.



- Since cooking can lower fiber content, eat vegetables raw or slightly cooked.
- Add beans to appetizers, soups, stews, and salads. These fiber powerhouses boast 8.5 to 10 grams of fiber per serving.
- Serve fruits and vegetables, not low-fiber juices, for snacks. High-fiber fruits include apples, berries, figs, oranges, pears, and prunes. Broccoli, brussels sprouts, carrots, cauliflower, green peas, and beans are high-fiber vegetables.
- Experts recommend that you get most of the fiber in your diet from food—not supplements. ●

FOR MORE TIPS AND GUIDES to staying healthy, log on to lomalindahealth.org and click on the Health Library to search for other health topics and articles.

Peach Cobbler

- ½ tsp. ground cinnamon
- 1 tbsp. vanilla extract
- 2 tbsp. cornstarch
- 1 c. peach nectar
- 2 16-oz cans peaches, packed in juice, drained, sliced
- ¼ c. peach juice (reserved from canned peaches)
- 1 tbsp. tub margarine
- 1 c. dry pancake mix
- ⅔ c. all-purpose flour
- ½ c. sugar
- ⅔ c. evaporated skim milk
- Nonstick cooking spray
- ½ tsp. nutmeg
- 1 tbsp. brown sugar

DIRECTIONS

1. Mix cinnamon, vanilla, cornstarch, and peach nectar and juice in saucepan over medium heat. Stir until mixture thickens and bubbles.
2. Add peaches to mixture. Reduce heat and simmer for 5 to 10 minutes.
3. In another saucepan, melt margarine and set aside.
4. Lightly spray 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.
5. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this over peach mixture.
6. Combine nutmeg and brown sugar. Sprinkle on top of peach mixture.
7. Bake at 400°F for 15 to 20 minutes, or until golden brown.
8. Cool and cut into eight pieces.

Serving size: 1 piece. Per serving: Calories: 271, total fat: 4 g, saturated fat: less than 1 g, cholesterol: less than 1 mg, sodium: 263 mg, total carbohydrate: 24 g, total fiber: 2 g, protein: 4 g, carbohydrates: 54 g, potassium: 284 mg

Quick Tip: Increasing fiber too quickly may not give your intestinal tract time to adjust—leading to abdominal cramps, gas, or bloating. To ease the transition, make the dietary changes one at a time, and drink plenty of fluid each day.

Protect Your Child's Ears This Summer

Splish, splash—ouch? If your children spend time in the water during the summer, they're at risk for a painful ear infection called swimmer's ear.

Swimmer's ear occurs when moisture in the ear breeds bacteria. The ear canal becomes red, swollen, itchy, and scaly and may ooze greenish or yellow fluid. Swimmer's ear is an outer-ear infection. It's different from a middle-ear infection, which occurs when tubes in the ear become blocked following a cold, allergies, or other cause.

Keep swimmer's ear at bay with the following tips:

- Earwax is the ear's natural defense against germs. Tell your child not to remove it with cotton swabs, fingers, or other objects. When these small items are inserted into the ear, they can also cause wounds that are easily infected. If her ears itch or she thinks earwax is affecting her hearing, talk with her doctor.
- Don't let your children swim in polluted water. Whenever they swim, they should wear tight swim caps or wetsuit hoods.
- Dry ears thoroughly after swimming, bathing, or showering. Use a towel and have your child turn her head from side to side, pulling the earlobe in different directions to release water.
- To prevent bacteria from growing in moist ears, dose them with a drop of a solution made of one part alcohol to one part white vinegar. Or ask your pharmacist for an over-the-counter alcohol-based eardrop. Consider using them at swim meets, on scuba diving trips, or whenever children are in the water for a long time.
- Although rare, bites from ticks may also lead to outer-ear infections. Take precautions in the woods. Apply repellent

with DEET, avoiding the hands, eyes, and mouth and using only sparingly around the ears. Check kids' ears carefully for ticks when returning indoors.

■ Take extra care if your child has diabetes, eczema, or another autoimmune or skin disease. These increase her risk for outer-ear infections.

If your child has symptoms of swimmer's ear, take her to the doctor. Antibiotic eardrops usually clear the infection. ●

FREE Kid-Sized Ear Plugs



Call 1-877-LLUMC for a FREE package of waterproof earplugs. Quantities are limited.

Pacifiers: What to Consider



It seems everyone has an opinion on pacifiers. It's true that pacifiers can damage teeth if used in toddlers older than age 2. But for babies younger than age 2, pacifiers can be a good thing. Using pacifiers may lower the risk for sudden infant death syndrome, or SIDS. In addition, pacifiers can be a good distraction for babies during shots or other stressful times. Experts say it's best to wait until your baby is about four weeks old to give her a pacifier—this helps your child learn how to breastfeed first.



Upcoming Events

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

JULY-AUGUST 2008

MEDICAL CENTER & CHILDREN'S HOSPITAL

Mended Hearts

Last Friday of each month
11 a.m. to 1 p.m.

A support group for all heart patients and their families.

Grief Recovery Group

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

Divorce Recovery Group

Wednesdays, 7 to 9:30 p.m.
Call to register.

Pet Grief Recovery Group

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

Total Care Birth Center Classes

- Childbirth for First Timers
 - Breastfeeding
 - Newborn Care
 - Moms in Motion—
Prenatal Exercise
 - Infant/Child CPR
 - Sibling Preparation
- Please call for details.

Rheumatic Disease Support Group

Third Thursday of each month,
4 to 6:30 p.m.

For patients with rheumatic diseases such as lupus, arthritis, and fibromyalgia.

Call to register.

Pulmonary Rehab Program

For those with lung disease.
Please call for more information.

KOLA Care for Kids Radiothon

Tune in to KOLA 99.9 FM on Tuesday and Wednesday, August 26 and 27, from 8 a.m. to 7 p.m.
Annual radiothon to benefit the Children's Hospital

Moms Joining Moms

Fridays from 9:30 to 11:30 a.m.
Five-week, free-of-charge group for new moms and their babies.

Head & Traumatic Spinal Cord Injury Support Group

Fourth Monday of each month
6 to 7:30 p.m.

Child & Adolescent Asthma

One-on-one counseling session to educate and develop an asthma control plan.
Call to register.

Prenatal Class

Second Monday of each month
5:30 to 7 p.m.
English & Spanish classes providing information for a safe and healthy pregnancy.

Always in My Heart

Second Monday of each month
7 to 8:30 p.m., fourth Tuesday of each month, 10:30 to 11:30 a.m.
A bereavement class for parents who have lost a baby.
Call for location and details.

Blood Drives

The Bloodmobile will be in the Medical Center parking lot weekly; please call for times.
Sign up in the Children's Hospital.

Cardiac Rehab

For people with chest pain, heart attack, or bypass surgery.
Call for dates, times, and more information.

CENTER FOR HEALTH PROMOTION

Weight Management Orientation

July 1, 15, and 29, and August 12 and 26, 3:30 to 4:30 p.m.
Free informational orientation designed for those interested in a

weight management program.
Please call for details and to preregister.

Executive Health Physical

By appointment only.
A comprehensive health evaluation followed by targeted interventions.

Lean Choices

Tuesdays, 6 to 7 p.m.
A 12-week program providing tools to lose weight and develop a healthy lifestyle. You will receive a personalized food plan from a registered dietician, nutrition education, and exercise instruction.
Call to register.

International Travel Clinic

Walk-In Clinic on Wednesdays
1:30 to 4 p.m.
Providing a full range of vaccinations necessary for travel.

Optifast

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

TRANSPLANTATION INSTITUTE

Kidney/Pancreas Support Group

First Tuesday of each month from 1:30 to 3 p.m. and the first Wednesday of each month from 6:30 to 8 p.m.

For all predialysis, dialysis, pretransplant, and post-transplant patients and their families. Help others along the journey of transplantation.

RADIATION MEDICINE

Call for locations on the following groups.

New Patient Orientation

Tuesdays and Thursdays,
9:30 to 11 a.m.

Head and Neck Support Group

Every Wednesday at 1 p.m.

Education/Support Group

Every Wednesday, 5 to 7 p.m.

Clinical Prostate Process Group

Every Wednesday, 2 to 3 p.m.

Wives and Caregivers Group

Every Thursday at 2:30 p.m.

Pediatric Support Group

Every Thursday in August,
12:30 to 2 p.m.

Restaurant Tour Support Group

Every Thursday, 5:30 to 7:30 p.m.

VOLUNTEER OPPORTUNITIES

Get Involved at Loma Linda!

Come join our Volunteer Information and Orientation to learn about all the opportunities available at the Medical Center and Children's Hospital.
Call for dates, times, and details.

Cancer Center Volunteers Needed

Volunteer at our new Cancer Center where you greet and interact with patients while you provide refreshments and conversation.

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

Childhood Clues May Predict **Adult Diabetes** and **Metabolic Syndrome**



Predicting—and protecting—your future health may not require a crystal ball. Knowing the signs and risk factors can help you prevent developing two serious health problems: type 2 diabetes and metabolic syndrome.

Signs of Serious Health Risks

People with type 2 diabetes have blood sugar that is too high, which can damage the heart, kidneys, and other vital parts of the body. People with

metabolic syndrome have three or more of the following health problems, which put them at risk for type 2 diabetes and heart disease:

- A large waistline, or abdominal obesity
- High blood pressure
- High triglycerides, a type of fat in the blood
- High blood sugar
- Low “good” cholesterol, or high-density lipoprotein (HDL)

What Researchers Found

A study followed 814 youngsters, ages 5 to 19, for 25 years. Of those who’d had metabolic syndrome as children, 69 percent had metabolic syndrome as adults, and 16 percent had type 2 diabetes as adults. Of those who didn’t have metabolic syndrome as children, only 24 percent had metabolic syndrome

as adults, and 5 percent had type 2 diabetes as adults.

Researchers also found that having a parent with a history of type 2 diabetes increased the risk for both these conditions in adulthood. ●

Diabetes Support Groups

The Diabetes Treatment Center at Loma Linda offers classes and support groups for adults:

Winning with Diabetes

Morning and evening classes; series of five sessions on types, causes, and self-management.

Call 1-877-LLUMC-4U to register.

Diabetes Support Group

First Tuesday of the month

Diabetes experts present educational and resource information each month.



FREE Flexible Cutting Board

Call 1-877-LLUMC-4U for your FREE flexible cutting board sponsored by the Diabetes Treatment Center at Loma Linda.

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