

March – April 2008

L O M A L I N D A U N I V E R S I T Y M E D I C A L C E N T E R

A Healthy Tomorrow

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Win a backpack!
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Concerned about your health? Log on to www.lomalindahealth.org and click on Health Library.

Putting Patients First: The Planetree Model of Care



Imagine a medical center as warm and inviting as it is state-of-the-art. A facility bathed in soothing colors and soft lighting, with peaceful gardens for meditation or prayer. You wake up in the morning greeted by a cheerful attendant with a freshly baked muffin and a steamed hand towel.

At Loma Linda University Medical Center (LLUMC), we believe strongly that a truly healing environment includes much more than high technology and sophisticated procedures. It means creating an atmosphere that promotes patient privacy and dignity. It involves hands-on care and human interactions. It is understanding that the food we serve must be healthy and delicious. It views compassionate care that focuses on healing the whole person—mind, body, and spirit—as the standard to strive for.

Healing Ministry

In these efforts, LLUMC is beginning a partnership with Planetree, a nonprofit

membership organization that works with hospitals to develop and implement a personalized patient-centered care experience in a healing environment. Jesse Mock, LLUMC's vice president of facilities and environment, says the Planetree model of health care fits perfectly with the medical center's vision and its mission to "continue the healing ministry of Jesus Christ."

"We were founded more than 100

years ago as a sanitarium where the healing environment and personalized care were significant components of the program," Mock says. "I see partnering with Planetree as an opportunity to return to our roots and affirm our core values—compassion, integrity, excellence, teamwork, and wholeness."

LLUMC is the first hospital in the inland empire area of California to be affiliated with Planetree. The approach is based on Planetree's 10 core components, which encourage healing in all dimensions—mentally, emotionally, spiritually, socially, and physically.

Culture Change

At LLUMC, many programs are already in place. These include valet parking, musical events in the East Campus Hospital park, meditation areas, horticulture therapy, and pet therapy. Making LLUMC a great place to work is also a top priority. Onsite car washes, massages, and dry-cleaning services are some of the amenities available to employees.

"This is really about cultural change, not just a particular program," Mock says. "Our values should be at the heart of everything we do." ●

LAUGHTER MAY BE THE BEST MEDICINE AFTER ALL

You're eating right. You're exercising regularly. You're controlling your cholesterol and blood pressure. What else can you do for your heart? Why not have a good laugh? This advice comes from a small study of healthy women and men. It showed that watching a laugh-out-loud movie improved blood flow. In contrast, watching a disturbing movie impaired blood flow.

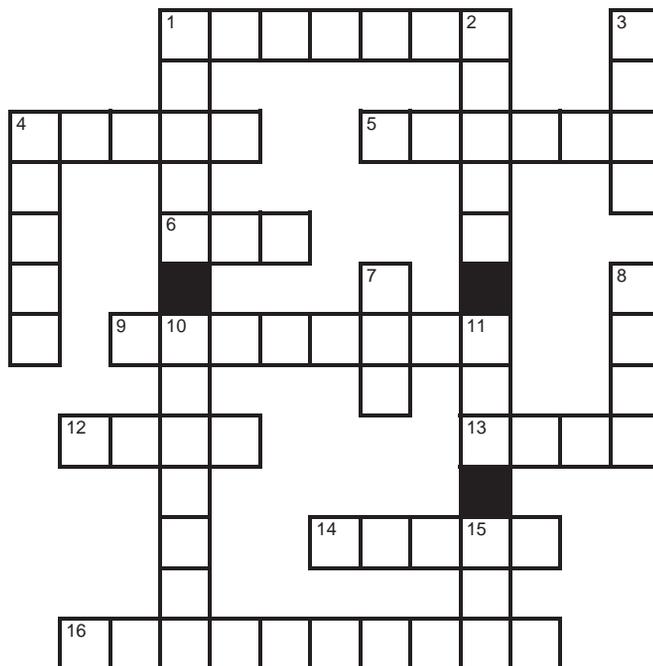


Mystery Word Crossword Puzzle

Hey kids! Here is a puzzle for you to solve along with a friend or family member. Use the clues to solve the crossword puzzle. Write down the letter of each word indicated to find the mystery word. Solutions to all the clues can be found in the next issue of *A Healthy Tomorrow*.

Across

- 1 Tooth doctor
- 4 This is a good between-meals snack
- 5 You should use sun block this time of year
- 6 It's always good to have a First Aid ___ in the house
- 9 This water sport is great exercise
- 12 Healthy food in place of meat
- 13 You get vitamin D from this
- 14 Getting about 7-8 hours of this will keep you healthy
- 16 Remember to eat your ___



Copyright ©2007 PuzzleJunction.com

Down

- 1 Fresh juice is a healthy ___
- 2 Too much candy can give you a ___ ache
- 3 In winter, you should stay ___
- 4 If you have chills, you may have this
- 7 To stay healthy, get lots of fresh ___
- 8 This is the opposite of healthy food
- 10 Get rid of germs by ___ your hands
- 11 Chewy, sugar-free types of this can help prevent cavities
- 15 A sty is found near the ___

Enter to Win a FREE Backpack! If you are age 7 to 12 years old and you think you answered all the questions correctly, mail your completed crossword puzzle to the address below, and we'll send you this complimentary backpack filled with cool stuff. Don't forget to include your name, age, and address where we can send you the backpack. You must answer all questions correctly to be eligible for the backpack. Complete your crossword puzzle today—this offer is only available while supplies last.

A Healthy Tomorrow—Crossword Challenge
 c/o LLUMC Marketing Department
 11215 Mountain View Ave., Suite 165
 Loma Linda, CA 92354



Tell Kids to Take It Outside

Playtime is more than just fun and games. Parents need to take children's play seriously, say the authors of a new article in the *Archives of Pediatrics and Adolescent Medicine*. The article uses the results from several studies to point out the importance of playtime. These studies conclude that the right kind of play is critical to children's mental, physical, and emotional well-being.

Best for kids? Play that is active, unstructured, and outdoors. This type of play helps them develop social skills, meet problems with creative solutions, and learn that being active makes them feel better and happier.

Parents can encourage healthy play by ensuring that kids have a safe place to romp around outdoors. Look for playgrounds that offer:

- Sand, rubber, pea gravel, or wood chips under the equipment
- A clean environment free of litter and broken glass
- Equipment in good repair



Keeping Fit Can Keep Your Colon Healthy

Losing weight can make us feel good and look even better. But when you shed pounds, there's another benefit you may not notice—that you're lowering your risk for colon cancer.

New research shows that being overweight raises your chances of getting colon cancer. That may be especially true if you carry excess weight around your middle.

Check Your Waist, Not Just Your Weight

Last year, researchers analyzed the results of 32 studies that looked at whether overall obesity or abdominal obesity is linked to cancer of the colon or rectum. The results showed connections. People with a higher body mass index (BMI) are more likely to develop colon cancer, the researchers concluded. BMI is one way to measure overall obesity.

The study also showed that people with a larger waist or a higher waist-to-hip ratio (WHR) are more likely to get colon cancer. In fact, the researchers found that in most studies these measures of abdominal fat more strongly predicted colon cancer risk than overall obesity did.

How do you measure up? You have:

- A higher WHR if your waist is about the same size as or larger than your hips
- A lower WHR if your waist is smaller than your hips

A Gender Difference May Exist

Some studies have found that a higher BMI is not as strong a risk factor for women as it is for men. This was the finding of a study of more than 368,000 people from Europe. The authors say the difference may have to do with

where women and men carry fat:

- Women are more likely to carry fat in their lower body (their gluteal area and thighs).
- Men are more likely to carry fat around their middle.

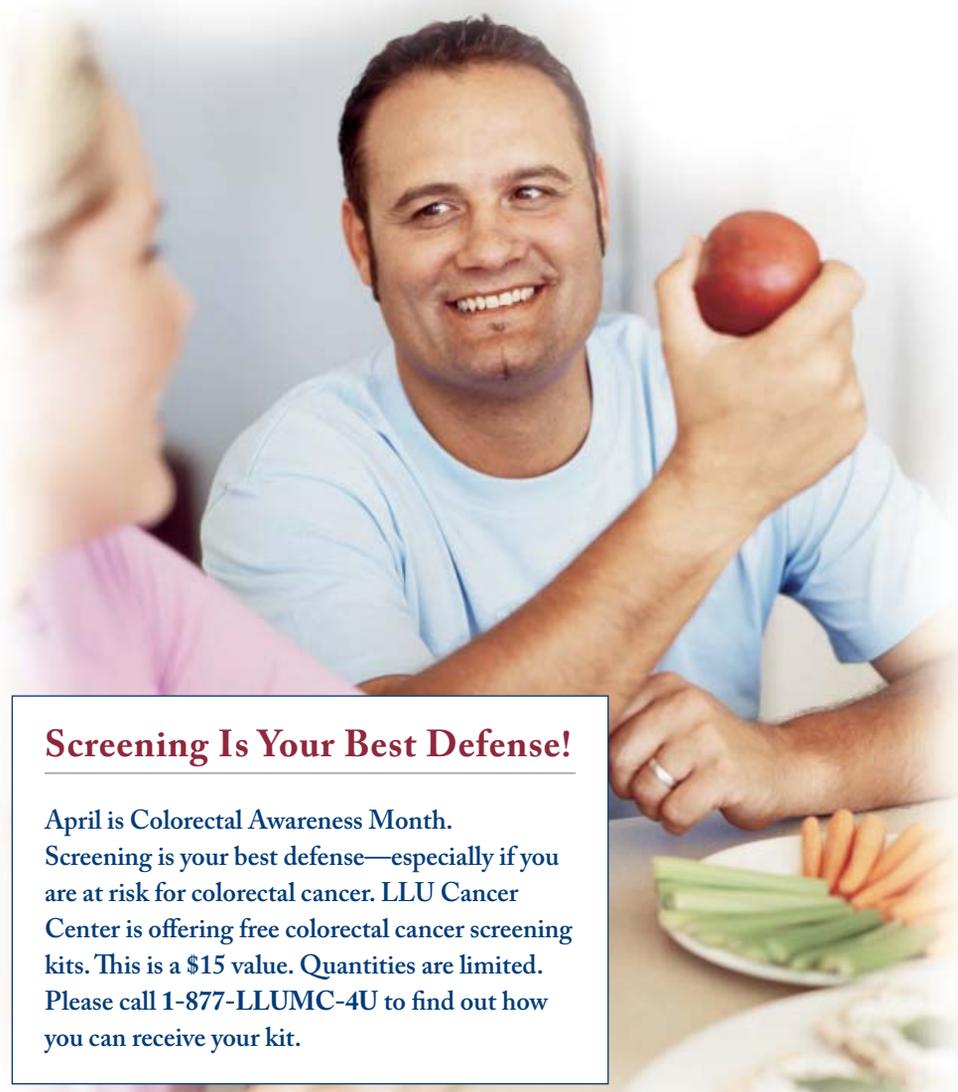
So an obese woman is less likely than an obese man to have abdominal fat. For women, the researchers suggest, fat distribution—that is, whether it's in their abdomen—is a more important risk factor than BMI.

What You Can Do

The message for men and women alike is to keep your weight in a healthy range to lower your colon cancer risk. The American Cancer Society recommends limiting fat in your diet, especially from animal sources, and eating mainly plant-based foods, like fruits, vegetables, grains, and beans.

Keep up an active lifestyle, too. A lack of exercise also increases your risk for colon cancer, and working out can help you fight obesity. ●

THE LOMA LINDA UNIVERSITY CANCER CENTER unveiled its new facility on February 15, 2008. For more information, call 1-877-LLUMC-4U.



Screening Is Your Best Defense!

April is Colorectal Awareness Month.

Screening is your best defense—especially if you are at risk for colorectal cancer. LLU Cancer Center is offering free colorectal cancer screening kits. This is a \$15 value. Quantities are limited. Please call 1-877-LLUMC-4U to find out how you can receive your kit.



Warning Signs of Brain or Spinal Disorders

Symptoms of brain or spinal problems that result from major accidents, such as car crashes, happen quickly. But many brain or spinal disorders aren't so obvious. Symptoms may appear slowly or build over time, making it hard for you to realize what's wrong.

That's why it's important to see a neurosurgeon if you have any of the following warning signs:

- Head, neck, or back pain that just won't go away
- Headaches that are longer-lasting, more frequent, or more intense
- Nausea or vomiting
- Changes in vision or hearing, such as blurred vision or ringing in the ears
- Difficulty speaking, thinking, or remembering
- Sleeping more often or having trouble falling asleep
- Muscle weakness or spasms or loss of control of a body part
- Trouble walking or dizziness
- Loss of taste, smell, or feeling
- Changes in or problems with bowel or bladder habits
- Intense chronic pain with no other known cause ●



Support for Brain or Spinal Problems

To find out about meeting dates for the Head Injury Trauma Support Services support group, please call 1-877-LLUMC-4U.

Avocado Green Onion Party Dip

Preparation Time: 30 minutes

½	medium avocado, seeded and peeled
1 tbsp.	fresh lemon juice
1 c.	low-fat cottage cheese
¾ c.	plain, nonfat yogurt
¼ c.	nonfat mayonnaise
½ c.	sliced green onions
¼ c.	shredded carrots
2 c.	broccoli florets
1 c.	cucumber slices
28	melba toast rounds

Dice avocado into small pieces, toss with lemon juice, and set aside. In food processor or blender, blend cottage cheese, yogurt, and mayonnaise until smooth. Add cottage cheese mixture to avocado, gently stirring in onions and carrots. Cover and chill. Serve with vegetable crudité and melba toast rounds. Serving size is ½ cup vegetables, four melba toast rounds, and 8 tablespoons dip.

Makes 7 servings

Per Serving: Calories: 120, calories from fat: 30, total fat: 3 g, saturated fat: 1 g, trans fat: 0 g, cholesterol: 5 mg, sodium: 320 mg, total carbohydrates: 17 g, dietary fiber: 3 g, sugars: 4 g, protein: 8 g

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

CONGRATULATIONS TO OUR CONTEST WINNER!

Congratulations to Barbara Baxter of Moreno Valley, California. She is the winner of our November/December 2007 *A Healthy Tomorrow* contest. Baxter called 1-877-LLUMC-4U to receive an informational brochure about the health and fitness services provided at Loma Linda University Drayson Center. Everyone who called was automatically entered for this drawing for a free massage. Thanks to everyone who called!



A Field Guide to **Body Scans**



Regular X-rays may show a broken leg or fractured arm clearly. But sometimes doctors need other ways to see what’s happening inside your body. For example, your doctor may want to look at different tissues, blood vessels, or organs. She may want to see different views or obtain information about how your body is functioning in order to diagnose an illness or determine the best course of treatment.

There are several technologies that can give your doctor this information. Here’s a guide to four scans you’re likely to hear about.

1. CT scan

For a computed tomography (CT) scan, you lay on a table that slides into the scanner. A device rotates around you, emitting X-rays. Your tissues absorb some of the X-rays, and the scanner detects the ones that pass through. A computer turns this information into cross-sectional pictures. These “slices” can be stacked to form a three-dimensional image.

Doctors use CT scans to examine blood vessels and organs, look for tumors, diagnose injuries, and locate the

right site for a biopsy. CT scans provide clearer pictures of more types of tissue than traditional X-rays do.

2. MRI scan

For magnetic resonance imaging (MRI), you also slide into the scanner on a table. Magnets in the machine make hydrogen atoms in your body align in a certain way. Then the machine emits radio waves, which bounce off different tissues differently. The machine creates two- and three-dimensional images from the returning signals.

Doctors often use MRIs for the same reasons as CT scans—for example,

to detect tumors. However, MRIs are better at creating detailed images of soft tissue, such as at knee or shoulder joints.

3. PET scan

A positron emission tomography (PET) scan begins with a small amount of radioactive tracer that’s injected into a vein. Then you lay on a table that slides into the scanner. The scanner detects positrons, tiny particles emitted by the tracer. A computer converts these signals into a three-dimensional image.

A PET scan shows the size, shape, and position of tissues and also tells doctors how they’re functioning. It’s used to look for activity that indicates disease, such as growth of a tumor or impaired blood flow to the heart.

4. Bone density scan

Also called dual-energy X-ray absorptiometry (DEXA), this scan measures how much energy your bones absorb from low-dose X-rays. From this information, your doctor can tell how dense your bones are.

This scan helps monitor bone loss, detect osteoporosis, and assess fracture risk. In the most common type, you lay on a table and the machine scans your lower back and hips. A small, portable scanner can also check your wrist, fingers, or heel. ●

National Doctor’s Day

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

You can show your appreciation to doctors who have provided you exceptional care by sending them a note or card. If you work with a doctor or group of doctors, you can express your thanks for being dedicated or easy to work with, or simply recognize your working relationship.



Upcoming Events

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

MARCH-APRIL 2008

MEDICAL CENTER & CHILDREN'S HOSPITAL

A Cook's Night Out

Annual black-tie event benefiting
the Children's Hospital

Monday, April 14

5:30 to 9:30 p.m.

Call to register.

Good to Grow:

Total Toddler Check-up

*Monday through Thursday, 8 a.m.
to 5 p.m., Friday, 8 a.m. to noon*

A "health journey" for children.

0-5 years of age.

Grief Recovery Group

Mondays, 7 to 8:30 p.m.

Call to register.

Pet Grief Recovery Group

Wednesdays, 7 to 8:30 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

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.

5-week, free of charge group for
new moms and their babies.

Autoimmune Support Group

Third Thursday of each month

(Lupus, Fibromyalgia, Arthritis,
Thyroid, etc.)

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.

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.

A bereavement class for parents
who have lost a baby.

Blood Drives

The Bloodmobile will be in
the Medical Center parking lot
weekly; please call for times.

Sign up in the Children's Hospital.

Overeaters Anonymous

Mondays, 12:30 to 1:30 p.m.

A 12-step program for those
dealing with eating disorders.

Call for dates and times.

Cardiac Rehab

For people with chest pain, heart
attack, or bypass surgery.

*Call for dates, times, and more
information.*

BEHAVIORAL MEDICINE CENTER

Eating Disorder Awareness

Week Education Fair

Tuesday, February 26, 4 to 7 p.m.

*Open to all interested, no
registration necessary.*

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

CENTER FOR HEALTH PROMOTION

Weight Management Orientation

*Tuesdays, March 4 and 18 and
April 8 and 22, 3:30 to 5 p.m.*

*Please call for details and to
preregister.*

Executive Health Physical

By appointment only.

A comprehensive health
evaluation followed by targeted
interventions. Available to the
community and corporations.

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.

DIABETES PROGRAM

Winning with Diabetes

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

Diabetes Support Group

First Tuesday of the month

Diabetes experts provide
educational and resource
information each month.

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 pre-dialysis, dialysis,
pre-transplant, and post-
transplant patients and their
families. Help others along the
journey of transplantation.

SCHOOL OF DENTISTRY

Volunteers Needed for Studies

The Center for Dental Research
is seeking patients for a variety of
studies, including tooth
whitening, crowns, and fillings.
Preregistration required.

RADIATION MEDICINE

Call for locations on the
following groups.

Education/Support Group

Every Wednesday at 7 p.m.

Clinical Prostate

Support Group

Every Wednesday at 2 p.m.

Wives and Caregivers Group

Every Thursday at 2:30 p.m.



15th Annual Foundation Gala

Sunday, March 9, 2008

To benefit Pediatric Intensive Care Services

For more information, please call 1-877-LLUMC-4U.

Regular Checkups Can Help You Beat **Kidney Disease**



People with diabetes are at a higher risk for developing kidney disease than the rest of the population. Over time, diabetes can damage small blood vessels inside the kidneys, reducing their ability to filter toxins from your blood. Your body may begin to store up extra fluids and waste products, leading to weight gain, swollen ankles, and the accumulation of damaging toxins inside your body.

Left untreated, the kidneys may fail. About 30 percent of people with type 1

diabetes eventually develop kidney failure, as do 10 to 40 percent of people with type 2 diabetes.

Nipping Kidney Disease in the Bud

Kidney disease is best caught in its early stages, before you notice any symptoms. It's important that your doctor give you regular tests to monitor your kidneys. If you aren't

having the following tests regularly, don't be afraid to ask for them; keeping you in good health is your doctor's goal.

- Have your hemoglobin A1c blood level tested at least twice a year. This test measures how well your blood sugar has been controlled over the past three months.
- Have your blood pressure checked several times a year. Controlling high blood pressure is one of the most important factors in slowing kidney damage. Aim for a level below 130/80.

- Have yearly urine tests that check for unusually high protein levels—one of the early signs of kidney disease.
- Get your blood checked yearly for creatinine and blood urea nitrogen—(BUN).

Tackling the Problem

The good news is that if kidney disease is found, your doctor has several ways to treat it before it gets out of hand:

- Certain blood pressure medicines can slow kidney damage.
- A reduced-protein diet can also help.
- An intensive blood sugar management program can slow the development and progression of kidney disease among people with type 1 diabetes by as much as 50 percent.

So don't hesitate—ask your doctor about these tests. It could save your life! ●

FOR MORE INFORMATION ABOUT THE KIDNEY DISEASE or living donor program at Loma Linda University Medical Center (LLUMC), please call 1-877-LLUMC-4U. And call today to receive your novelty pencil sponsored by the LLUMC Transplantation Institute.

LOMA LINDA UNIVERSITY MEDICAL CENTER
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Loma Linda, CA 92354-2804

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A Healthy Tomorrow

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