

May - June 2008

LOMA LINDA UNIVERSITY MEDICAL CENTER

# A Healthy Tomorrow

Information for a Healthy Lifestyle Today

- 2 FOOD ALLERGIES AND YOUR BABY
- 3 SLEEP MORE, WEIGH LESS?
- 4 ONLINE GUIDE FOR CANCER PREVENTION
- 5 FRESH ORANGE COMPOTE WITH GRANOLA
- 7 UPCOMING EVENTS

Check Out  
Our New  
Online Health  
Library  
See page 8.



A Few Key Points About Acupuncture. See page 3.



# Baby Allergies: AAP Update on Breastfeeding



## Breastfeeding Basics

Nursing can be rewarding, but it isn't always easy. Sore nipples and concerns about how much milk your baby is getting may make you want to give up. But, you can help prevent these types of problems:

- Scrap feeding schedules. Breast-fed babies tend to eat more often than formula-fed infants. These frequent feedings stimulate your body to make milk. Just watch for your baby's hunger cues—sucking motions, mouthing a fist, or turning toward your breast. Once he or she is crying, latching on may be more difficult.
- Check your baby's position. When your infant latches on to your breast, make sure both lips cover your nipple and most of the dark area around it. This helps prevent nipple soreness.
- Care for your breasts. When your milk comes in, your breasts may feel painful and swollen. Warm, wet compresses and an over-the-counter pain reliever may help. Talk with your doctor before using medication. If you have a fever or painful lumps, call your doctor.

Parents might consider breastfeeding babies with family histories of allergies. The act could delay or prevent asthma, food allergies, or the skin condition eczema.

This recommendation from the American Academy of Pediatrics (AAP) is an update to its previous guidelines for preventing allergies in babies. The group revised its suggestions after a

review of studies on diet, allergies, and infants. The review confirmed that at least four months of breastfeeding will protect high-risk babies from wheezing and a cow's milk allergy. Hypoallergenic formulas without cow's milk can work as a substitute for breast milk.

The study also concluded that there is no good evidence to support avoiding certain foods, such as peanut butter, fish, and eggs, during pregnancy to prevent allergies. Researchers also couldn't prove that waiting to give such foods until after a child is age 6 months to 4 years made a difference. But the AAP still recommends delaying the introduction of solid foods until infants are at least 4 months of age. ●

## FREE Pamphlet

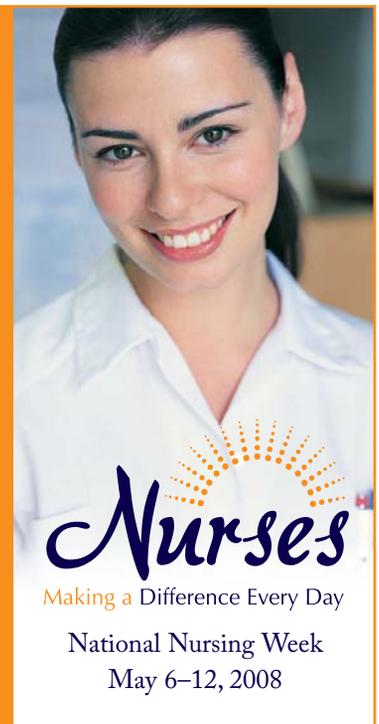
To receive your free *Guide to a Healthy, Happy Baby* pamphlet, please call 1-877-LLUMC-4U. Sponsored by the Loma Linda University Children's Hospital.

## RECOGNIZE YOUR NURSE THIS WEEK

Loma Linda University Medical Center and its affiliates, along with the American Nurses Association, are proud to recognize nurses everywhere during National Nursing Week. We salute the dedication and commitment of all nurses within our health system and nationwide.

The purpose of National Nursing Week is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

For information on available nursing positions at Loma Linda University Medical Center, log on to our Web site at [www.lomalindahealth.org](http://www.lomalindahealth.org) and click on Jobs.



# A Few Key Points About Acupuncture

Many people turn to acupuncture as a way of relieving pain. This ancient Chinese treatment, which uses needles to stimulate parts of the body, has been gaining popularity in the West for many decades.

Today, more people in the West are exploring some of the traditional treatments of Eastern medicine, including acupuncture, than ever before. Results from recent studies show that acupuncture is safe and can provide pain relief and other benefits. Take this quick true or false quiz to see if you're up on the latest findings on acupuncture.



## Check Your Answers

① **TRUE.** A review of 33 trials in the *Annals of Internal Medicine* concluded that acupuncture can ease chronic low-back pain.

② **TRUE.** Although controversial, some research has shown that acupuncture can help ease the pain of tension headaches. However, in a study of migraine patients, acupuncture was no more effective than sham acupuncture in reducing

migraines. ③ **FALSE.** However, acupuncture may help relax a patient before surgery. It may also help treat and prevent nausea and vomiting—side effects of anesthesia.

In addition, there is some evidence that acupuncture may ease nausea from cancer medicines.

④ **TRUE.** While many insurance companies do cover acupuncture, you should check with your insurer before you start treatment to get details on coverage. You should also ask whether preauthorization is needed.

If you are interested in finding a licensed acupuncture practitioner, ask your doctor or check with a national acupuncture organization. ●

## Test Your Knowledge

Choose the best answer to each question:

① Acupuncture may help chronic low-back pain.

**TRUE FALSE**

② There is some evidence that acupuncture may help headaches.

**TRUE FALSE**

③ Acupuncture helps reduce the amount of anesthesia for surgery.

**TRUE FALSE**

④ Acupuncture is often covered by insurance.

**TRUE FALSE**

## Q: Do the needles used in acupuncture hurt?

A: Acupuncture needles are extremely fine and do not hurt in the same way as, say, an injection. Patients may even be unaware that a needle has been inserted. However, some acupuncturists attempt to produce a sensation called “de Qi”—a sense of heaviness, soreness, or numbness at the point of needling. This is said to be a sign that an acupuncture point has been correctly stimulated. Many patients say that they find acupuncture a relaxing or sedating experience.



## Sleep More, Weigh Less?

Americans are weighing more and sleeping less. Is this a coincidence? To find out, researchers asked 68,183 middle-aged nurses how long they slept in a 24-hour period. They then asked them about their weight every two years for 16 years. Those with a shorter sleep duration gained more weight than those who slept seven hours per night. This was true even after taking diet and physical activity into account. The biggest risk for weight gain was among women who slept five or fewer hours per night. They gained about two pounds more than seven-hour sleepers and were 28 percent more likely to have a 33-pound weight increase.

## FREE Sleep Mask!

To receive your free sleep mask and *Tips for a Good Night's Sleep* please call 1-877-LLUMC-4U. Quantities are limited.



Q&A



# Women and Cancer: Action Is Power

For many women, it seems, knowledge about cancer does not always translate into action. As evidence, a recent survey by the American College of Obstetricians and Gynecologists (ACOG) found that more than 76 percent of women feel they know how they can reduce their risk for cancer. However, only about half of these women feel they are doing enough to reduce their risk.

## Survey Findings

According to ACOG, there may be several reasons why women are not doing more to help themselves detect and prevent cancer.

For one, women are afraid of cancer. In fact, 20 percent of survey respondents admit that they do not want to know if they have cancer. However, early detection of cancer can go a long way toward successful treatment.

Another reason many women forgo cancer screenings is that they have no family history of the disease. This, they believe, means they are at low risk of developing cancer themselves. But this is simply not true. While family history is a risk factor for the disease, most cancers occur in people whose family members are cancer-free.

## ACOG Takes Action

In response to these and other misconceptions, ACOG has developed a Web-based guide to encourage women to take charge of their health and better understand their risks of developing cancer and the importance of preventing and detecting the disease.

Called *Protect and Detect: What Women Should Know About Cancer*, the guide outlines the risk factors, warning

signs, screening guidelines, and prevention strategies for cancers of the breast, uterus, ovaries, cervix, colon, and lungs. You can download the guide at [www.acog.org/from\\_home/misc/protectanddetect.pdf](http://www.acog.org/from_home/misc/protectanddetect.pdf).

The guide stresses the fact that cancer does not always cause symptoms. And even when symptoms are present, women often mistake them for harmless health problems. This is why, ACOG

points out, an annual visit to your health care provider is one of the most important things you can do to protect your health. Ask your doctor about screenings such as:

- Breast exams and mammograms to check for breast cancer
- Pap tests to help detect cervical cancer
- Colonoscopies to check for early signs of colon cancer ●



## Celebration of Life

Sunday, June 1

Registration starts at 12:30 p.m.

Program: 1 to 2:30 p.m.

Kid's Activity Room: 1 to 3 p.m.



## LIVE IN THE NOW!

Celebrate National Cancer Survivor's Day with Loma Linda University Cancer Center. Cancer survivors, along with family and friends, can enjoy the day by remembering to "live in the now."



# Five Ways **Gender** Has an Impact on Your Health

**D**ifferences between men and women go beyond basic anatomy. Here are some key ways women's health may vary from that of the men.

**1 Women often don't have "classic" heart attack symptoms.** Classic heart attack symptoms, such as crushing chest pain and pain in the arm, may be classic for men. But women often have more subtle symptoms, such as shortness of breath, a burning sensation, or palpitations.

**2 Smoking is more addictive and dangerous for women.** Tobacco is deadly to both men and women. Yet smoking can take a worse toll on women. It has a greater effect on risk for heart disease and stroke. Women are also more prone to lung diseases, including lung cancer. Nonsmoking women face a greater risk for lung cancer than nonsmoking men.

**3 Women are more likely to be clinically depressed.** When women are down in the dumps, they may think they should just snap out of it. Often it's not that easy.

The incidence of depression is rising in women. In fact, women are two to three times more likely than men to face the destructive effects of depression. Depression is also a serious health threat at times when women expect to be happiest—during and after pregnancy.

**4 Women's health needs change more.** Women face a host of health concerns depending on whether they are in their puberty, reproductive, menopause, or senior years.



At different stages of life, women may grapple with contraception, sexually transmitted diseases, reproductive issues, depression, heart disease, cervical cancer, breast cancer, incontinence, and osteoporosis. And since women live longer than men, women are more likely to live with chronic diseases and meet the challenges of aging alone.

**5 Women put their own health on the back burner.** Many women take care of children, husbands, aging parents, and sometimes even pets before they tend to their own health. But experts say ignoring your own needs is dangerous. It's vital that women put themselves first sometimes and take care of their health.

Knowing the role gender plays in health can empower women to live healthier lives. Experts say women need to educate themselves, be proactive about health, and take health concerns to the doctor. ●

## New Women's Health Care Line

A Women's Health phone line is now available at Loma Linda University Medical Center. For your female-related health care needs and access to services, please call 1-888-97-WOMEN (888-979-6636). Call 1-877-LLUMC-4U for your FREE Manicure Set with emery boards. Limited quantity available.

## Fresh Orange Compote with Granola

Preparation Time: 15 minutes

### INGREDIENTS

- 2 navel oranges, peeled, separated into segments
- 1 apple or pear, diced
- ½ cup halved seedless red or green grapes
- 1 banana, peeled, thinly sliced
- 2 Tbsp fresh squeezed orange juice
- ½ cup low-fat granola cereal

### DIRECTIONS

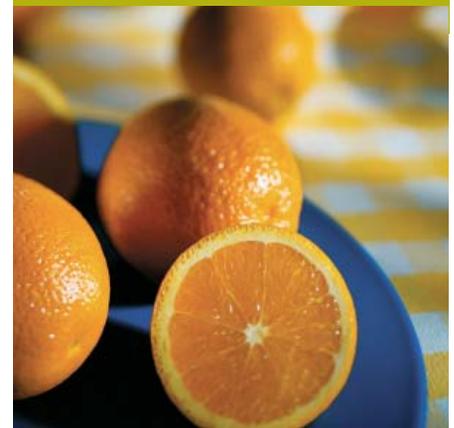
In a medium bowl toss together orange half segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly.

Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad.

*Serving size: 1/4 of recipe*

*Per serving: Calories: 100, Calories from fat: 5% Daily Value (DV)\*, total fat: 1 g, saturated fat: 0 g, Cholesterol: 0 mg, sodium: 25 mg, total carbohydrate: 24 g, dietary fiber: 3 g, sugars: 14 g, protein: 2 g, vitamin A: 6%, vitamin C: 60%, calcium: 2%, iron: 2%*

*Sources: Sunkist Growers, Inc.; Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"*



# Checkups Keep Your Child Well

Regular checkups—also called well-child visits—ensure your children are growing up healthy and strong. But at least 20 percent of kids miss some recommended visits. Take yours to the doctor at the ages listed on the chart below.

In addition to a physical examination, where the doctor examines your child's body, every visit should involve:

- **Measurements.** The doctor will weigh your child and check her height. Until age 2, infants' head sizes are measured with a tape. Growth charts show whether your child is meeting development milestones. Blood pressure is also taken.
- **Immunizations.** The doctor will give your child shots to protect against serious illnesses such as measles, pneumonia, and the flu. Eleven different

childhood vaccines are available. For the latest recommended schedule, ask the doctor or visit [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).

- **Behavior assessments.** Young brains, like young bodies, are changing rapidly. The doctor will make sure your child's mental health is on track using tools such as behavior checklists.
- **Monitoring developmental milestones.** Doctors know about when your child should be sitting up, walking, and talking. Report these events and any concerns you have.

Some appointments will also involve:

- **Hearing tests.** The doctor will play noises and test how your child's brain and ears respond.
- **Eye exams.** The doctor will watch your infant track a bright light and look inside her eyes to check for cataracts and other problems. As your child gets older,

she'll read letters from an eye chart to detect vision problems.

- **Other screenings**—if there's a potential problem. Depending on your child's risk factors, the doctor may recommend checking for lead poisoning or other issues.

To make the most of well-child visits, write down your concerns beforehand.

Ask questions and talk openly with your child's doctor. ●



Age	Head circumference	Height, weight, and blood pressure	Immunizations	Hearing tests	Vision tests	Developmental screening or surveillance	Autism screening	Psychosocial/behavioral assessment
Newborn	●	●	●	●	●	●		●
2 to 4 days	●	●	●	●	●	●		●
1 month	●	●	●	●	●	●		●
2 months	●	●	●	●	●	●		●
4 months	●	●	●	●	●	●		●
6 months	●	●	●	●	●	●		●
9 months	●	●	●	●	●	●		●
12–15 months	●	●	●	●	●	●		●
18 months	●	●	●	●	●	●	●	●
24 months	●	●	●	●	●	●	●	●
30 months		●	●	●	●	●		●
3–6 years		●	●	●	●	●		●
8 years		●	●	●	●	●		●
10–18 years		●	●	●	●	●		●



# Upcoming Events



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

MAY-JUNE 2008

## MEDICAL CENTER & CHILDREN'S HOSPITAL

### Children's Day

Wednesday, May 14  
8:30 a.m. to 2:30 p.m.

Free event for children ages 3–12. Learn about good health and what the hospital is for.

### 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.

### 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.

### 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.

### 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.

## CENTER FOR HEALTH PROMOTION

### Weight Management Orientation

Free orientation of weight loss programs available.  
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 7:30 p.m.  
12-week program providing tools to lose weight and develop a healthy lifestyle.

### 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.

## RADIATION MEDICINE

Call for locations on the following groups.

### Head and Neck Support Group

Every Wednesday at 1 p.m.

### 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.

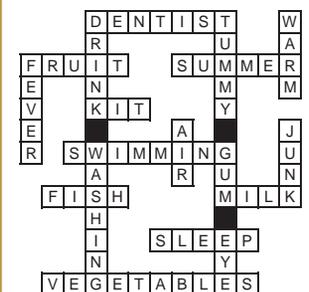
## VOLUNTEER OPPORTUNITIES

### Get Involved at Loma Linda!

Please call for details.

- Orientation
- Bring a Smile
- Cards of Care and Cardz 4 Kidz
- Cheerful Encounter
- Mended Hearts Support Team
- Cancer patient visitation
- Music Connection
- Donations welcome
  - Magazine donations
  - Travel-size shower amenities

Here are the answers to last issue's "Mystery Word" crossword puzzle!



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





## Health Information at the tip of your fingers.



- Illustrated health guides
- Step-by-Step care guides
- Check your symptoms with symptom navigator
- Pregnancy Center

[www.lomalindahealth.org/health-library](http://www.lomalindahealth.org/health-library)

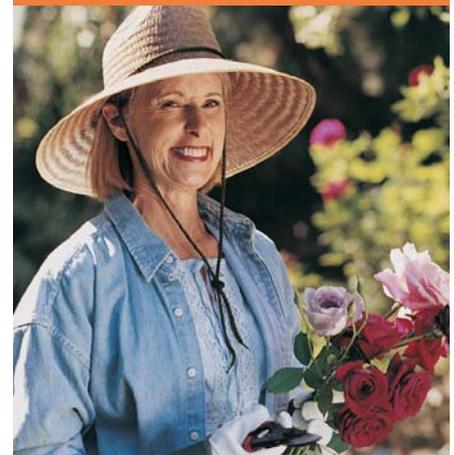
## SHEDDING LIGHT ON MELANOMA PREVENTION

Melanoma is the deadliest of skin cancers. The most common form is found most often on women's legs and on the backs of women and men. It looks like a small brown or black stain and usually spreads out from a mole.

Practicing good sun sense can help protect you. Wear long sleeves, long pants, sunscreen, and a hat to minimize sun exposure.

Melanoma can even develop in the retina. Experts believe this type is triggered in childhood when ultraviolet radiation passes through the eye.

*Medsurg Nursing, Vol. 14, No. 4*



LOMA LINDA UNIVERSITY MEDICAL CENTER  
11234 Anderson Street  
Loma Linda, CA 92354-2804

*Postmaster: Please deliver between  
April 21 and 25.*

Nonprofit Org  
US Postage  
**PAID**  
Loma Linda University  
Medical Center

LOMA LINDA UNIVERSITY MEDICAL CENTER

## A Healthy Tomorrow

*A Healthy Tomorrow* is published by Loma Linda University Medical Center to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician. © 2008. All rights reserved. Printed in the U.S.A.

Ruthita J. Fike  
CEO/Administrator

Jemelle Ambrose  
Editor-in-Chief

Tammy Veach  
Executive Director  
Marketing

Shelly Moore  
Managing Editor



Printed on Recyclable Paper

964M