

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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FREE
2009 Health
and Wellness
Calendar

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for details.

What to Do When Back Pain Strikes

Although men are likelier to smoke, perform strenuous lifting, and be overweight—all risk factors for back pain—this common ailment still plagues just as many women.

What Makes Your Back Ache?

Acute low back pain, which appears suddenly and can last up to a few weeks, often follows an injury or accident. The cause of chronic back pain, which persists beyond three months, can be tougher to pinpoint.

How Can You Treat Acute Back Pain?

You usually can relieve acute back pain nonsurgically. Try these tips:

- If the pain is severe, rest on your back with your knees bent for no more than a day or two. Get up for a few minutes every hour.
- Use over-the-counter pain relievers, such as acetaminophen, aspirin, or ibuprofen.
- Apply a cold pack to reduce swelling and produce numbness. You might alternate ice with a heating pad to reduce muscle spasms and ease pain.

Call your doctor if your pain doesn't improve within 72 hours or if you experience numbness or tingling, problems with your bowel or bladder, or a fever.

Could Surgery Help?

Two recent *New England Journal of Medicine* studies found that surgery



gave the quickest relief for severe cases of two types of chronic back pain. One type was degenerative spondylolisthesis, which affects about six times as many women as men. In this condition, cartilage breakdown between the spinal bones makes one vertebra slip over the one below it, shooting pain down the legs and buttocks.

The other type was sciatica, numbness or pain in a buttock or leg typically caused by a herniated vertebral disk. In both studies, though,

New Spine Center Now Open at Loma Linda University Medical Center—East Campus

To make an appointment or to receive a **free informational brochure**, call **1-877-LLUMC-4U**.

Call today for a **free stress reliever** sponsored by the Spine Center. Quantities are limited.



nonsurgical methods worked well for many people.

You can prevent back pain by:

- Exercising regularly
- Shedding excess pounds, if necessary
- Quitting smoking, if you're a smoker
- Standing straight
- Sitting in a chair with a straight back or low back support, with your knees a little higher than your hips
- Breaking up long periods of sitting with stretches
- Lifting properly by bending your knees, without twisting or bending over ●



Yoga May Relieve Low Back Pain

Thirty-six adults with chronic back pain took a therapeutic yoga class called viniyoga. After 25 weeks, only 21% of the yoga students said they used pain medicine during the week. But 50% of participants in a standard exercise class needed pain relief.

Annals of Internal Medicine, Vol. 143, No. 12



You Don't Have to Stress Out over **Stress Incontinence**

Pressure on your lower stomach muscles from a fit of laughter, a sneeze or cough, heavy lifting, or exercise puts pressure on your bladder, too. If at those times you leak a bit of urine, you could have stress incontinence. The good news is that this common and potentially embarrassing condition is often successfully treated.

Q. What causes stress incontinence?

A. A weakening in the pelvic muscles that control the bladder usually is to blame. Childbirth tends to weaken these muscles. The condition is most common in younger and middle-aged women. Other risk factors include being overweight and drinking caffeinated beverages excessively.

Q. What can women do to help the condition?

A. Special exercises—called both Kegel and pelvic floor muscle exercises—can help control the problem. A recent study in the *Journal of Urology* found that such exercises can greatly improve stress incontinence, especially if they are practiced daily and intensively.

Health experts recommend exercising these muscles for about five minutes, three or four times a day. You should notice an improvement after about four to six weeks of performing these exercises.

Q. Is there anything else that may help?

A. Biofeedback can help you to locate the essential muscles and learn how to control them to stop urine flow. A patch connected by wires to a TV screen is placed on the abdomen in the region of the pelvic floor muscles.

A visual image on the screen alerts you when you are contracting those muscles and exercising correctly.

Doctors also sometimes prescribe inserts or disposable patches that temporarily block the urethra—the canal that carries urine from the bladder. Or they can inject an implant into the area around the urethra. This adds bulk to help the urethra close. If other treatments prove ineffective, surgery to pull the bladder up and give it support is also available. A minimally invasive outpatient procedure, surgery for treatment of this condition involves only a single and small incision. ●

New Surgeon Specializes in Female Pelvic Medicine

Sam Siddighi, MD, is our new, board-certified and fellowship-trained surgeon. He is an expert in the management of recurrent urinary incontinence and other female pelvic disorders. To make an appointment or for more information, please call 1-877-LLUMC-4U.



Coping with COPD

You may not have heard of it, but chronic obstructive pulmonary disease (COPD) is more common than people think, say researchers. This breathing difficulty eventually strikes more than one in 10 Americans. COPD has several telltale symptoms, including:

- A persistent cough with mucus
- Shortness of breath while exercising
- Wheezing
- Tightness in the chest

If you have these symptoms, call your doctor. A painless breathing test called spirometry can confirm the COPD diagnosis by determining how much air your lungs can hold. Other tests, such as a chest X-ray, can help rule out other causes for your symptoms, such as heart failure.

To slow the course of this disease, the best thing you can do is quit smoking. Steer clear of secondhand smoke and other irritants.

Medicines to ease your breathing include bronchodilators that open up your air passages and make it easier to exercise, and inhaled steroids that cut inflammation. If you have COPD, avoid further stress on your lungs from infections such as flu or pneumonia. Get inoculated with the pneumococcal vaccine, and remember your yearly flu shot.

Stress-Proof Your Holiday Season

'Tis the season to be ... stressed. At least that's how the winter holidays can feel, thanks to family, work, and financial pressures.

In this time of giving, make sure to give yourself what you need to feel less frazzled. Here are some ways to cope with—and avoid—holiday stress:

- Discuss plans in advance.
- Don't feel you have to accept every invitation or perform every holiday activity.
- Feeling hassled by housework? Ask a friend to help you bake or decorate—then return the favor.
- Don't budge on your budget. Small, thoughtful gifts can bring great delights—and prevent postholiday financial woes.
- If long lines make you tense, take a few deep breaths and roll your head in a gentle circle while you wait.
- Don't do all your heavy lifting at the mall. Try to move your body every day. Give yourself the gift of a yoga class or exercise video.
- Have a strategy for handling family get-togethers.
- Find a volunteer opportunity, or reach out to a relative or neighbor who needs assistance. Even if only for a few hours, volunteering can take the focus off your own holiday tasks and remind you how good it feels to help others.



Active Gift Ideas for Teens

Encourage teenage family members to exercise with an active holiday gift. Physical activity can better a teen's mind and body. One study found that very active kids do better in school. Exercise also helps relieve mild depression and increases self-esteem.

Here are a few gift ideas to get teens moving.

- 1 **Private lessons.** Introduce a new activity, such as tennis or skiing and snowboarding, with a gift certificate for a one-on-one lesson.
- 2 **Athletic wear.** Outfit your teen with a new swimsuit or pair of athletic shoes. Or get a gift certificate for an outdoors store so that they can choose

what they like.

- 3 **Sports equipment.** Give equipment such as a bike, tennis racket, or basketball.
- 4 **Active video games.** Games such as Wii Sports for the Nintendo Wii and EyeToy: Kinetic for PlayStation 2 get players moving.
- 5 **Gift certificates.** Give your teen gift certificates to a local bowling alley, ice skating arena, or yoga studio.

Americans ages 8 to 18 spend on average nearly 6.5 hours per day in front of a TV, computer, video game, or other media. But by giving an active gift, you can help teens find fun ways to get moving—for life! ●

Avoid Holiday Pounds with Exercise

In one study, 165 adults gained about one pound between fall and spring. Most of this extra weight was added over the holidays. Some subjects may have found an antidote: Those who increased their activity levels were less likely to gain weight.



Ways to Brighten the Holidays for Others



Doing good for others is a great way to spend time together and bring your family closer during the holidays. Volunteering can also help young people learn kindness and compassion.

What's more, helping others can be fun for everyone in your family. Here are some activities you can do together:

- Have each family member pick out a toy. Wrap the toys together and drop them in a collection box.
- Honor loved ones you miss during

the holiday season by giving to their favorite charity. Use the time to talk about old memories—and create new ones.

- Invite a few lonely neighbors to join your family at a holiday concert.
- Decorate some wreaths together and deliver them to community organizations.
- Call your local senior center to ask how your family could help with crafts or join in the center's holiday sing-along. ●



Jellied Whole Cranberry Relish

- 1 orange
- 1 cup boiling water
- 1 package sugar-free cranberry gelatin (such as Jell-O)
- 1 cup sweetened, dried cranberries (such as Craisins)

Prepare the orange zest, either by grating the peel or by peeling it and slicing the peel into small strips. Be careful not to include the white part, which is bitter.

Pour boiling water into a small bowl and add gelatin powder. Stir for about two minutes. Add dried cranberries and orange zest. Pour into a small mold and refrigerate until firm—at least an hour.

Makes six servings. Each contains about 69 calories, 1 g protein, no fat or cholesterol, 18 g carbohydrate, 1 g fiber, and 3 mg sodium.

The veggie alternative:
Alternatives to gelatin include agar-agar, carrageenan, and cornstarch. When using these vegetarian ingredients to replace gelatin in recipes, be sure to follow the package directions.



Budget Tips for a Happy Holiday

Nobody wants to be Scrooge during the holiday season, but spending beyond your means will still have you saying “bah humbug” once the bills come in. To save money, try wrapping gifts in recycled wrapping paper or the comics section of the newspaper. Plan your list of gifts to buy before heading to the store. Turn off holiday lights during the day to reduce energy costs.



When Did You See Your **Dentist** Last?



Check your calendar. It may be time to book a dental appointment. Most adults should visit their dentist yearly to help prevent dental diseases and tooth loss. Some people, including those with diabetes or gum disease, may need more frequent checkups.

Most children should take a seat in the dentist's chair at least twice a year. Book your child's first visit within six months of her first tooth arriving, or no later than her first birthday.

Between dentist visits, your family can keep their mouths healthy by:

- Brushing twice a day with a fluoride toothpaste
- Flossing daily
- Avoiding too many sugary or starchy snacks
- Not using tobacco products

Gums irritated by bacterial growth become red, sore, and swollen and may

bleed when you brush your teeth. These can be the first signs of gingivitis, a dental problem in which the gums are inflamed. Pay attention and watch for these signs as part of your daily dental hygiene routine. If you notice any problems, call your dentist.

Gingivitis can progress to a more serious infection of the gums and the bones that hold the teeth. This is called periodontitis. If left untreated, it can make the gums shrink and pull away from the teeth, which makes them look longer. This is another sign of trouble. Eventually, the teeth can become sensitive or loose or even have to be removed. Other signs of a dental problem may include bad breath, a bad taste in your mouth, or a change in your bite or the way your dentures fit. ●

New Center for Dentistry and Orthodontics Opening Soon

The Loma Linda University (LLU) School of Dentistry will soon open the LLU Center for Dentistry and Orthodontics.

Providing services for all ages, the center will feature all dental programs in one convenient location, including general dentistry, endodontics, orthodontics, pediatric dentistry, periodontics, prosthodontics, oral and maxillofacial surgery, restorative dentistry, and dental hygiene.

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

Call today to receive a free dental kit (toothbrush, toothpaste, and floss) sponsored by Loma Linda University School of Dentistry.



Upcoming Events

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

NOVEMBER–
DECEMBER 2008

MEDICAL CENTER & CHILDREN'S HOSPITAL

Riverwalk Health Fair

Sunday, November 16
10 a.m. to 2 p.m.

4244 Riverwalk Parkway, Riverside

This fair will feature activities and crafts for children, entertainment, health screenings, and samplings from local restaurants.

Prenatal Class

Second Monday of each month
5:30 to 7 p.m.

English and 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.

Moms Joining Moms

Fridays, 9 to 11 a.m.

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

Winning with Diabetes

Morning and evening classes; series of five sessions on types, causes, and self-management. Spanish classes offered every other month.

Call to register.

Child & Adolescent Asthma

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

Call to register.

Diabetes Support Group

First Tuesday of each month, 6:30 to 7:30 p.m., 11135 Mountain View

Avenue, Loma Linda

Diabetes experts provide educational and resource information each month. No registration; no fee.

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.

Blood Drives

The Bloodmobile will be in the Medical Center parking lot weekly; please call for times. Sign up in the Children's Hospital. You can also check Loma Linda times at bbsbrc.org.

CANCER CENTER

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 each month, 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 the community.

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.

CENTER FOR HEALTH PROMOTION

Executive Health Physical

By appointment only. A complete medical history and physical combined with a thorough assessment of potential risk factors.

Optifast

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

BEHAVIORAL MEDICINE CENTER

Shield Program for Adolescent Self-Injury

For adolescents who are in need of treatment for self-injurious behaviors including cutting, burning, scratching, picking at skin, and so forth. Call for an assessment appointment.

Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs.

Eating Disorder Program

Available for adults and adolescents.

HEART AND LUNG REHAB

Cardiac and Pulmonary Rehabilitation

Monday through Thursday
7:30 a.m. to 4:30 p.m.

For people with heart or lung disease.

Preregistration required.

RADIATION MEDICINE

Pediatric Christmas Party

Friday, December 19 at 12:30 p.m.

Clinical Prostate Support Group

Every Wednesday at 2 p.m.

Head and Neck Support Group

Every Wednesday at 1 p.m.

Restaurant Tour

Every Thursday at 5:30 p.m.

Education/Support Group

Every Wednesday at 5 p.m.

Wives & Caregivers Support Group

Every Thursday at 2:30 p.m.

New Patient Orientation

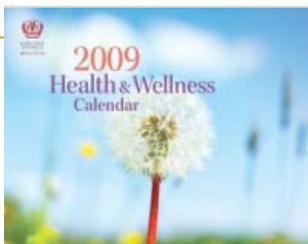
Every Tuesday and Thursday at 9:30 a.m.

DRAYSON CENTER

Fitness & Wellness

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

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



Get a jump-start on 2009!

Call today and reserve your free copy of the 2009 Health and Wellness Calendar. Filled with important dates and events, it is a must-have for the coming year.

Call 1-877-LLUMC-4U.

A Healthy Tomorrow

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Loma Linda University Medical Center Listed as One of **America's Best Hospitals**

We are proud to announce our top ranking in the *U.S. News & World Report's* Top 100 Hospitals. Loma Linda University Medical Center has been ranked No. 45 in the Ear, Nose & Throat specialty in the *U.S. News & World Report* 2008 publication of America's Best Hospitals.

Authoritative and influential, the 2008 America's Best Hospitals guide ranks 170 medical centers nationwide in 16 specialties—with full data available online for another 1,500 that are unranked. In addition, the Honor Roll singles out the “best of the best.”

“The America's Best Hospitals rankings provide readers with trusted material during some of life's most concerning times—hospitalization,” says Brian Kelly, editor of *U.S. News & World Report*. “Our rankings highlight the internal culture of excellence embraced by caregivers in the great hospitals throughout the U.S.”

“We are absolutely honored to rank among the best hospitals in the country,” says Ruthita J. Fike, CEO of Loma Linda University Medical Center. “More importantly, we are proud to be the only hospital in this region to make the list—and be able to provide the best health care we have to offer to the communities of the Inland Empire.” ●

