



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER

# a healthy tomorrow

MAY/JUNE 2009

INFORMATION FOR A HEALTHY LIFESTYLE TODAY

## Don't Let Rising Health Care Costs Get You Down

- COMPLEMENTARY CARE FOR KIDS
- OSTEOARTHRITIS QUIZ

**FREE  
LIP BALM!**  
See page 3 for  
details.

**NORMAL CHOLESTEROL? YOU STILL MIGHT NEED STATINS. SEE PAGE 5.**

## Keeping Your Kids Safe from Cyber-Bullies

About one in three kids has been bullied by peers on the Internet. Fortunately, you can help your children avoid cyber-bullying.

Bullies can send cruel or threatening text or pictures via e-mail or instant messaging. They may also post embarrassing information in chat rooms or on Web sites. Bullies can't see their victim's reactions to tell when they've crossed the line. Bullying can occur anywhere and anytime, and it's often anonymous.

To keep your youngsters from becoming cyber-targets or bullies:

- Determine when and where your children can use the Internet and their cell phones.
- Keep the computer in a room where you can monitor your kids' use.
- Send a cyber-bully's parents any materials he or she has posted.
- Call the police if a cyber-bully threatens violence.

In addition, discuss these rules with your kids:

- Don't send messages online that you wouldn't say in person.
- Avoid responding to hurtful messages.

If kids see someone being cyber-bullied, they should tell the bully to stop, aid the target, or inform an adult.

## Complementary Care for Kids

With more adults turning to complementary and alternative medicine (CAM) for their own health issues, it's no surprise that they're seeking these treatments for their children, too.

CAM includes medical treatments and practices that are not considered part of conventional medicine, such as acupuncture and massage.

Some of the most frequently used CAM treatments for children include:

- **Herbs and dietary supplements.** These are used to treat asthma, depression, upper respiratory infections, and diarrhea.
- **Massage.** Massages have been used by some to even treat symptoms of asthma, cystic fibrosis, and juvenile arthritis.
- **Acupuncture.** This ancient practice is used to relieve headaches, nausea, and allergies.
- **Chiropractic and osteopathic techniques.** Parents may choose these methods to alleviate a child's pain and boost overall health.

Some pediatricians recommend using CAM therapies for children along with traditional medicine. CAM has been used by some to treat little ones with the following conditions:

- Head and chest colds
- Anxiety and stress
- Pain
- Chronic illnesses such as cystic fibrosis, inflammatory bowel disease, and asthma
- Developmental and behavioral disorders, including autism and ADHD

Most CAM treatments don't have serious side effects. But some can interact with medications or cause complications during surgery. Talk with your child's pediatrician about CAM treatment. ●

For more information about complementary care provided at Loma Linda University Pediatric Wholistic Medicine Clinic e-mail [wholistickids@llu.edu](mailto:wholistickids@llu.edu) or call **1-877-LLUMC-4U** to schedule an appointment.



Loma Linda University Children's Hospital awarded Baby-Friendly Designation. A first for any pediatric hospital in the nation!  
[lomalindakids.org](http://lomalindakids.org)



# Pick the Right Sunscreen for You

**S**PF, UVA, UVB—sunscreen labels have their own secret language. Here's how to decode them and find the best sun protection for you and your family.

The first step: Choose the right sun protection factor, or SPF. The higher the number, the greater your protection against harmful UVB (ultraviolet B) rays. Numbers as low as 2 are allowed on labeling and are sometimes marketed as tanning products. But doctors recommend an SPF of 15 or higher, regardless of your age, coloring, or how long you'll be in the sun. It's fine to stay between SPF 15 and 30—higher numbers probably don't provide much added benefit.

Here are some other tips to keep you protected:

- **Look for broad spectrum.** Scientists haven't yet developed a scale like SPF for measuring protection from damaging ultraviolet A (UVA) rays. Formulas labeled "broad spectrum" block both UVA and UVB rays.
- **Don't get all wet.** Brands marked "water resistant" will last longer. Reapply after swimming or sweating.
- **Think of the children.** Kids' formulas aren't essential for little ones. As with adults, choose a broad spectrum sunscreen with an SPF of at least 15. Talk with your doctor before applying sunscreen to children 6 months or younger.
- **Check the ingredients.** Vitamins C and E and beta-carotene boost sunscreen's blocking powers. Ingredients such as titanium dioxide, zinc oxide, and avobenzone ensure you're getting broad-spectrum coverage.
- **Cream, stick, or spray—it's up to you.** Certain forms can work better for some skin types or body parts. For instance, gels can be applied more easily on hairy spots, while creams go nicely onto the face and body to soothe dry skin.

■ **Look to the pros.** Bottles or tubes with the American Academy of Dermatology seal meet dermatologists' recommendations for sun protection. ●

## FREE Lip Balm

Call **1-877-LLUMC-4U** today to receive a free lip balm with SPF protection. Quantities are limited.

## June Is Cancer Survivor Month

To learn more about or to attend Loma Linda University Cancer Center's "Celebration of Life" event on June 7, please call **1-877-LLUMC-4U**.



## Grow Disease-Fighting Vegetables

Gardening is great exercise for the body and the spirit. Multiply the health benefits of gardening by cultivating—and eating—your own vegetables. Try growing these veggies in containers if you don't have a garden.

### Carrots

Carrots promote healthy eyes. They're also rich in beta-carotene, which may protect against cancer and heart disease.

### Red Peppers

Red peppers are a great source of vitamin C. This vital nutrient may help prevent cancer, heart disease, and cataracts.

### Spinach

This vegetable is high in folate, a B vitamin that may prevent cervical cancer and heart disease.

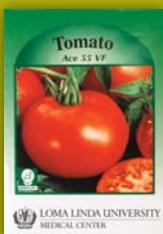
### Tomatoes

Research shows that tomatoes are high in lycopene, a compound that may protect against cancers of the stomach and lung.

### Start Your Garden Today

Call 1-877-LLUMC-4U to

receive a packet of seeds to get your garden growing.



# Don't Let **Rising Health Care Costs** Get You Down

**H**ealth care costs just keep going up. National health spending is expected to increase by about 7 percent every year through the next decade. It's not surprising then, that out of 3,000 women polled recently, 50 percent said they were extremely concerned about health care costs.

The cost of health care is keeping some people from getting needed services. During a 12-month period, nearly 6 percent of Americans didn't get necessary health care because of the price, according to the Centers for Disease Control and Prevention.

Although you can't control the price of medical services, there are things you can do to save money on health care.

- **Have regular checkups and screenings.** Preventive services include mammograms, blood pressure screenings, flu shots, and an annual exam with your primary care physician. These measures can detect conditions

earlier and help prevent disease. Discuss your risk for heart disease, cancer, and other conditions with your doctor.

- **Live a healthy lifestyle.** Eat a variety of fruits and vegetables every day, and limit your fat intake. Exercise regularly—at least 30 minutes on most days. Don't smoke, and drink alcohol in moderation, if at all. Staying healthy can keep you away from the hospital.

- **Keep your hands clean.** Wash your hands with soap and warm water for at least 15 seconds. Most colds and flu are transmitted by fluids from coughs and sneezes. Washing up can help you avoid these illnesses.

- **Seek out less expensive medications.** Ask your doctor to prescribe generic drugs when possible. Generics are less expensive than brand-name drugs. Also, make sure to give your doctor a copy of your drug formulary. This is the list of medications your insurance covers. ●



# Normal Cholesterol? You Still Might Need Statins



**E**ven if you have normal cholesterol levels, you may be at risk for heart problems. Half of all strokes and heart attacks happen in people who have LDL, or “bad,” cholesterol levels that aren’t high enough to warrant treatment.

A blood test can tell if you are at risk for heart attack even if your cholesterol levels are healthy. The test looks for levels of C-reactive protein, which increase when there is inflammation in the body. Studies show that the higher a person’s C-reactive protein level, the greater the risk for heart attack.

Taking statins, prescription drugs that decrease levels of artery-clogging LDL cholesterol, can reduce the chance of heart events in people with high C-reactive protein levels, reports the *New England Journal of Medicine*. The new study followed nearly 18,000 people for two years. Subjects had

normal or only slightly elevated LDL cholesterol levels. But they also had elevated levels of C-reactive protein.

Researchers had half of the subjects take statins. After two years, those taking statins had about half the number of major cardiovascular events, such as heart attack and stroke,

compared to subjects taking a placebo. Statins also significantly decreased the chance of death from any cause during the study.

Statins improve cardiovascular function in many ways:

- Helping the liver remove LDL cholesterol in the blood.
- Slowing down the body’s production of LDL cholesterol.
- Decreasing plaque buildup in the arteries.
- Lowering levels of blood fats called triglycerides.

Talk with your doctor for more information about the C-reactive protein test. Your doctor will consider all of your risk factors—including your family history and lifestyle—to determine if you should be tested for C-reactive protein and what treatment is right for you. ●

If you are concerned about cholesterol, make an appointment with your doctor to get yours checked. If you would like a primary care physician referral, please call **1-877-LLUMC-4U**.

## Heart Designation Given to LLUMC

Loma Linda University Medical Center (LLUMC) is pleased to announce that we are one of only two hospitals in the region designated by Inland Counties Emergency Medical Agency (ICEMA) as a STEMI Receiving Center. This means that we are especially equipped and trained to diagnose a STEMI-heart attack and clear the blocked artery quickly enough to prevent permanent heart damage and save lives.

ST-segment elevation myocardial infarction heart attacks, or STEMI, are caused by a clot or clots in one or more of the coronary arteries and require treatment within 90 minutes after the attack.





## Mediterranean Vegetable Strata

- 1 small zucchini
- 1 small Vidalia onion
- 1 red or green bell pepper
- ½ cup sliced mushrooms
- 1 large whole-wheat roll
- 4 oz. garlic and herb feta cheese
- 6 large eggs
- ¼ cup reduced-fat sour cream
- 4 ounces softened reduced-fat cream cheese

Preheat oven to 425°. Lightly oil or spray a cookie pan with olive oil. Slice vegetables and roast for about 20 minutes, turning once while cooking. Onions and peppers will take longer than mushrooms, which can be added when you turn the vegetables.

While vegetables are roasting, cut roll into small cubes (less than an inch). Spread cubes evenly over the bottom of a two-quart baking dish. Layer vegetables on top of bread. Spread crumbled feta cheese evenly over vegetables. Beat eggs with sour cream and cream cheese. Pour egg mixture over vegetables. Bake at 350° for 45 minutes. Let sit for 10 minutes before serving. (You can prepare this dish in advance, refrigerate it, and bake it in the morning.)

*Cut into eight squares. Each serving contains about 178 calories, 11 grams protein, 10 grams fat, 90 milligrams cholesterol, 9 grams carbohydrate, 1 gram fiber, and 326 milligrams sodium.*

# Test Your Osteoarthritis Know-How

**O**steoarthritis (OA) is a sore subject for millions of Americans. While there's no cure for OA, there are ways to relieve pain—and prevent it in the first place. Test how much you know about OA.

**1.** Osteoarthritis (OA) only strikes people ages 60 and older.

**TRUE FALSE**

**2.** Exercise may prevent OA from developing.

**TRUE FALSE**

**3.** Glucosamine and chondroitin sulfate supplements are only effective for mild joint pain.

**TRUE FALSE**

**4.** A positive attitude may reduce the pain of OA.

**TRUE FALSE**

**1. FALSE.** OA is more common in older people, but it can strike younger individuals, too. When OA affects people in their 30s and 40s, it is often related to a joint injury they suffered in the past.

**2. TRUE.** Some studies suggest that regular exercise, such as swimming and walking, may help ward off OA. Keeping active is also a good idea if you already have OA, because weak muscles can worsen the pain. Strengthening exercises targeting muscles around the affected joints—such as quadricep exercises for OA of the knee—may help relieve pain.

**3. FALSE.** Glucosamine and chondroitin sulfate are substances that are found naturally in cartilage.

A study has found that a daily combination of glucosamine and chondroitin sulfate gave significant relief to people with moderate or severe pain from knee OA. Nearly 80 percent of them had less pain. But the combination was not effective for people with mild pain.

**4. TRUE.** Experts think having a “catastrophic” outlook could draw OA sufferers’ attention to their stiffness and soreness or affect how well they cope. To improve your outlook—and possibly your pain—consider these tips:

- Focus on what you can do to solve your problems.
- Build a support system of people who are important to you.
- Learn techniques to cope with stress. ●

For more information about osteoarthritis treatment, please call **1-877-LLUMC-4U**.



# classes & programs

MAY/JUNE 2009

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

## Support Groups

### Diabetes Support Group

First Tuesday of each month  
6:30 to 7:30 p.m.

Diabetes experts provide educational and resource information each month.

**No registration; no fee.**

### “Hopeful Journey: walking the path of loss and hope”

First and third Tuesday of each month, 11 a.m. to noon

The focus is on remaining healthy and hopeful for the current pregnancy while still honoring the memory of the baby who died.

**Call for more details.**

### Mended Hearts

Fourth Friday of each month

11 a.m. to 1 p.m.

A group for all heart patients and their families.

**No registration, no fee.**

### 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.**

## Classes/Programs

### Perinatal Institute Total Care Birth Center Classes

- Preparing for Childbirth
- Newborn Care
- Breastfeeding Basics
- Health and Fitness in Pregnancy
- Infant/Child CPR
- Sibling Preparation
- It's Time to Eat
- Baby is Home
- Breastfeeding
- Car Seat Fitting Clinic
- The Art of Infant Massage
- Moms Joining Moms

**Please call for details.**

### Winning with Diabetes

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

### 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.

### Eating Disorder Program

Available for adults and adolescents.

### Cardiac and Pulmonary Rehabilitation

Monday through Thursday

7:30 a.m. to 4:30 p.m.

For those with chest pain, heart attack, bypass surgery, or lung disease. **Please call to register.**

### Lean Choices

Tuesdays, 6 to 7 p.m.

This 12-week program gives you tools to lose weight and develop a healthy lifestyle. **Please call to register.**

### Optifast

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

### Child & Adolescent Asthma

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

### International Travel Clinic

Every Wednesday, 1:30 to 4 p.m.

Walk-in clinic provides a full range of vaccinations necessary for travel. **No appointment necessary.**

### 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. **Please call for an assessment appointment.**

### Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs.

## Volunteer Services

### We Need You!

Openings now available at the new LLU Heart & Surgical Hospital and Medical Center include: Info Desk,

Patient Escorts, and Surgery Desk Hosts. Please attend our Volunteer Information and Orientation session to learn more about our programs and how to become a volunteer.

**Call for dates, times, and details.**

### No One Dies Alone

A NEW volunteer program that provides a companion to dying patients who would otherwise be alone. No nursing skills required.

**Call for more details.**

## Special Events

### Blood Drives

The Bloodmobile is here weekly; please call for times. Sign up in the Children's Hospital. You can also check Loma Linda times at [www.lstream.org](http://www.lstream.org).

### Children's Day

Wednesday, May 13

8:30 a.m. to 2 p.m.

A fair FREE to the community where children ages 3–12 can come learn about health, the hospital and things such as fire safety and snake safety. **Call for details.**

## Services

### 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.

### Executive Health Physical

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

## Nurses Appreciation

*Building a Healthy America*

Loma Linda University Medical Center salutes the dedication and commitment of all nurses within our health system and nationwide.

**National Nurses Week  
is May 6–May 12.**



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## Chest Pain in Women: Making the Right Call

### Why is chest pain in women hard to diagnose?

While chest pain is often thought of as a male symptom, in reality, women can experience chest pain, too. However, it can be difficult to diagnose the source of chest pain in women that have had an abnormal stress test but have no major blockages in the large arteries supplying blood to the heart. These women may have Women's Ischemia Syndrome Evaluation, otherwise known as WISE. With this syndrome, abnormalities in small blood vessels in the heart block blood or oxygen from getting to the heart muscle, causing chest pain. The WISE disorder can be found in 50 percent of women with chest pain that have no significant artery blockages.

### What are the symptoms of WISE?

Chest pain (or angina) is usually the main symptom. Other symptoms include an abnormal stress test, and, while rare, heart attack and heart failure.

### How can WISE patients be properly diagnosed?

If a woman continues to have chest pain without significant artery blockage, the possibility of WISE disorder should be considered and investigated. Recognizing the problem and making an accurate diagnosis is important. The best way to evaluate for WISE is through Cardiac Magnetic Resonance Imaging, or Cardiac MRI.

### What is the role of Cardiac MRI?

The Cardiac MRI scanner testing

involves evaluating the heart's function, blood supply, and any scarring in the heart muscle. Cardiac MRI can also evaluate metabolism of the heart muscle to confirm a lack of adequate oxygen supply.

### Are there treatment options for WISE?

There are no current treatment options, but the syndrome is being actively investigated. Maintaining a healthy lifestyle with regular exercise and weight loss may be helpful. ●

To receive your FREE pen, sponsored by the Heart & Imaging Center, please call **1-877-LLUMC-4U**. Quantities are limited.



## About the Doctors



**Padmini Varadarajan, M.D., F.A.C.C.**, is an assistant professor of medicine in the division of cardiology at Loma Linda University Medical Center and is the director of the WISE clinic. She is also an advanced cardiac imager with an expertise in Cardiac MRI.



**Ramdas G. Pai, M.D., F.A.C.C., F.R.C.P.**, is a professor of medicine in the division of cardiology at Loma Linda University Medical Center and is the director of the Heart & Imaging Center, which houses the 3T Cardiac MRI and specialty cardiac clinics related to the WISE syndrome, valvular disorders and Marfan's syndrome.