



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER

# a healthy tomorrow

SEPT/OCT 2009

INFORMATION FOR A HEALTHY LIFESTYLE TODAY



## Weight Loss Surgery Q and A

- FLU FACTS
- BREAST CANCER  
PREVENTION



DEDICATE A DAY TO YOUR HEALTH AND WELL-BEING. SEE PAGE 8.



# Do Different Sports Call for Different Shoes?

If you play a sport three or more times a week, wearing shoes made for that activity is smart. Footwear tailored for running, basketball, and other activities can protect against sprains and other common injuries.

For example, basketball players need shoes that have considerable ankle support and a flexible sole for quick shifts in direction. Higher shoes that support both sides of the foot and ankle protect against injuries caused by weight shifts and fast movements.

Runners and walkers, on the other hand, need shoes that have more cushioning and support. These help absorb some of the impact when feet hit the ground.

If you only engage in an activity once or twice a week, all-purpose cross-training shoes should be adequate.



## Track Down the Perfect Running Shoe

Whether you're an amateur or a pro, choosing the right running shoe helps you avoid injuries. Here are some tips:

- Try on shoes in the evening, when your feet are at their largest. And bring along a pair of running socks.
- Make sure there's a half inch between the longest toe and the end of the toe box.
- Take a "test run" in the store to make sure they're comfortable.
- Replace shoes every 350–500 miles.

*The Physician and Sportsmedicine*



# Weight-Loss Surgery Reshapes Body and Mind

**T**hese days, weight-loss surgery—also called bariatric surgery—is becoming more common. If you are severely obese, this surgery can improve your health. It can also affect you mentally. That's why doctors consider your mental health before such an operation.

**Q:** *Why should my mental health affect whether I qualify for weight-loss surgery?*

**A:** Weight-loss surgery is not for everyone. For example, people with uncontrolled depression or some other mental health problems may not be candidates.

On the other hand, the best candidates for surgery should:

- Realize the procedure is not a cosmetic surgery, but one to reduce their health risks

- Be motivated to stick with new lifelong behaviors after surgery, including eating less and exercising
- Understand the full risks of surgery, which include infections and death

**Q:** *How might weight-loss surgery affect me?*

**A:** After surgery, many people experience a dramatic weight loss that improves their quality of life. They have a better mood as well as an improved body image and self-confidence.

While such changes are positive, they may be difficult to adjust to after surgery. This is especially true if you have been obese most of your life.

**Q:** *Will the surgery affect my relationships with others?*

**A:** After surgery, many people find they spend more time with others. However, some research has found having surgery can put stress on a marriage, sometimes making spouses jealous.

And, because surgery can change your eating habits, it can get in the way of the social enjoyment of food. So, a dinner with friends may be a different experience.

If you're thinking about weight-loss surgery, it's good to understand how it may affect your life. Talk with your doctor if you have questions.

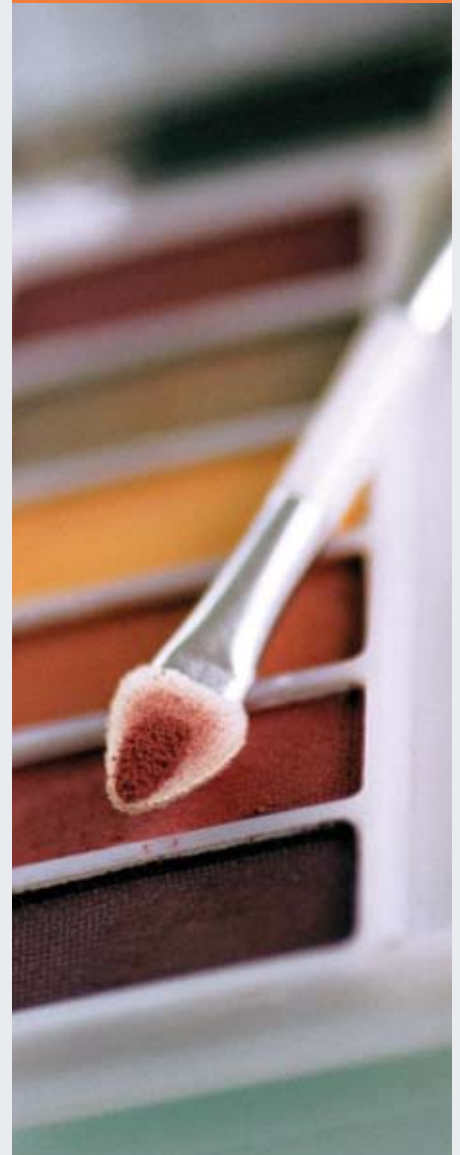
## ■ Weight-Loss Surgery

Ever wondered if weight loss surgery is for you? Newly opened Loma Linda University Heart and Surgical Hospital now offers a comprehensive weight loss program. Please call **1-877-LLUMC-4U** to register for a class or to find out more.

## Use Your Makeup Safely

Try the following to stay safe:

- Never share makeup.
- Throw out makeup that has changed color or smells bad.
- Do not use eye makeup when you have an eye infection. Throw away any eye makeup you were using when you discovered you had an infection.
- Avoid adding water to makeup; it could add germs.





## Spot the Signs of Flu and Beat the Bug!

The flu can knock you off your feet. But knowing how to pamper yourself can help you feel better, faster.

### Flu Symptoms

The following symptoms pack a powerful punch but usually clear up within two weeks. If symptoms linger or worsen, call your doctor.

- A fever between 102 and 104 degrees Fahrenheit that lasts three days
- Muscle aches and pains
- Extreme fatigue
- Headache
- Chest discomfort

Other symptoms include a cough, stuffy nose, sore throat, and sneezing. Children may experience nausea and vomiting.

### Comfort Measures

The best thing you can do when you have the flu is take good care of yourself. Try these comfort measures:

- Eat well and drink lots of fluids, such as water, soup, and caffeine-free beverages.
- Stay home and get plenty of rest.

- Consider over-the-counter medications. For example, nasal decongestants can help unclog a stuffy nose, and antihistamines stop sneezing. Acetaminophen can tackle a fever and minor aches.

### A Shot in the Arm

An annual flu shot can greatly lower your chance of getting the flu. And, if you get the flu despite vaccination, it's often a milder case.

The Centers for Disease Control and Prevention advises all people older than 6 months who want to reduce their chances of getting the flu to be vaccinated, and it especially recommends yearly flu shots for:

- Adults age 50 or older
- Pregnant women
- Children ages 6 months to 18 years
- Residents of long-term care facilities
- People with chronic conditions such as heart disease, lung disease, or diabetes
- People who live with or care for those at high risk for complications, such as children younger than 6 months

## Get the Latest on H1N1 (Swine) Flu

U.S. Department of Health and  
Human Services:

[www.pandemicflu.gov](http://www.pandemicflu.gov)

Centers for Disease Control  
and Prevention:

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

World Health Organization:

[www.who.int/csr/disease/  
swineflu](http://www.who.int/csr/disease/swineflu)

## Strategies to Dodge the Flu

- Frequently wash your hands with warm, soapy water for at least 15 seconds.
- Disinfect telephones, doorknobs, keyboards, and other items touched by people who have the flu.

Call **1-877-LLUMC-4U** for your free personal size tissue pack sponsored by Loma Linda University Family Medical Group or to make an appointment with a family physician.







## Set the Table for More Family Time

A little home cooking can help nurture your child, the same way praise, hugs, and a healthy dose of parental involvement can. Research shows that kids who eat meals with the family:

- Eat more fruits and veggies
- Are less likely to be overweight
- Have fewer eating disorders
- Get higher grades
- Are less depressed

Want to cook up some family fun? Try these ideas:

- Look at your family's schedule and try to set up at least four family meals each week. Plan ahead and cook meals that can be frozen and reheated, such as

soups and casseroles.

- Keep a set mealtime whenever possible.
- Allow kids to plan at least one weekly family meal. If they can help prepare it, that's even better.
- Try to avoid fast food during mealtime. Look at family meals as an opportunity to introduce your kids to new, healthy foods.
- Don't worry about being a "top chef." Keep meals simple—just keep it together as a family. No time to do dishes one evening? Then have a "picnic," indoors or out, with paper plates and plastic utensils.

Keep the TV turned off during meals—and use the time for talking instead. But try not to dish out discipline at the dinner table. A conflict-free dinnertime may help foster more frequent meals together.

## Black Bean Tortilla Casserole

- 1 cup bell pepper, chopped
- 1 cup onion, chopped
- 1 can [15 to 16 ounces] no-salt-added black beans, rinsed and drained
- 1 can [14½ ounces] no-salt-added diced tomatoes, undrained
- ½ cup salsa or picante sauce
- Vegetable oil spray
- 8 6-inch corn tortillas
- 1 cup shredded light Mexican mixed cheese blend or Monterey Jack cheese
- ¼ cup snipped fresh cilantro

1. Preheat the oven to 400°F.
2. In a large bowl, stir together the bell pepper, onion, beans, undrained tomatoes, and salsa.
3. Spray a 9-inch square pan with vegetable oil spray. Spoon 1 cup bell pepper mixture into the pan. Arrange 4 tortillas in the pan, overlapping as necessary. Spoon half the remaining sauce over the tortillas. Top with ½ cup cheese. Repeat.
4. Lightly spray a sheet of aluminum foil with vegetable oil spray. Cover the pan with foil, lightly sprayed side down to prevent the cheese from sticking.
5. Bake for 30 minutes. Remove the foil. Bake for five minutes more, or until hot and bubbly. Sprinkle with cilantro. Cut into four squares.

*Yield: four servings. Each serving provides: Calories 272, Total fat 5.5 g, Cholesterol 10 mg, Sodium 406 mg, Carbohydrate 41 g, Fiber 8 g, Protein 17 g*

## Keep a Stable Weight to Prevent Breast Cancer

Research has shown that obesity raises the risk for breast cancer after menopause. But does the timing of the weight gain affect risk? Nearly 100,000 postmenopausal women ages 50 to 71 were asked about their weight at ages 18, 35, and 50, and at the start of the study. Those who gained more than 4 pounds had up to twice the risk for breast cancer, compared with women whose adult weight stayed within 4 pounds. The larger the weight gain, the higher the risk. But this was only true among those who never used hormone therapy and former HRT users.

### Join the Fight Against Breast Cancer



Stater Bros. Charities  
& Inland Women Fighting Cancer

Join us in Historic Redlands for the 2nd Annual Stater Bros. Charities and Inland Women Fighting Cancer Believe and Walk for the Cure on Sunday, October 4. The walk begins at 7 a.m. Refreshments and goodie bags will be given out at the finish line. Proceeds will benefit Loma Linda University Cancer Center.



## Three Ways to Lower Your Risk for Cervical Cancer

Women can now take steps to prevent cervical cancer with two screening tests. The Pap test, or Pap smear, finds cell changes on the cervix that could become cancer if they're not treated. The HPV test looks for the human papillomavirus (HPV) that can trigger these cell changes.

A study in the *Journal of the National Cancer Institute* found that doing HPV testing before the Pap test, then repeating the HPV test on HPV-positive women, found even more cases of cervical cancer than did Pap screening alone. While this study focused on women ages 32 to 38, screening first with the HPV test might also be beneficial for women

ages 30 and older. Currently, the U.S. Department of Health and Human Services advises a Pap test every one to three years after a woman becomes sexually active or turns 21. Ask your doctor whether you should also be tested for HPV.

The HPV vaccine Gardasil, which was approved by the U.S. Food and Drug Administration in 2006, is another cervical cancer prevention measure. Approved for use in females ages 11 to 26, the vaccine is given in three shots. It's most effective if given before becoming sexually active. The vaccine prevents two types of HPV that cause most cervical cancers. Talk with your doctor to find out if the vaccine is right for you.



# classes & programs

SEPT/OCT 2009

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

## Special Events

### Stater Bros. Charities KFROGGERS for Kids Radiothon

September 29 and 30, 7 a.m. to 7 p.m.

Listen on 95.1 FM KFRG. Caller pledges to benefit the pediatric cancer patients at Children's Hospital.

### Food, Fun & Fashion with Martha Green & Friends Big Hearts for Little Hearts Guild Event

Monday, October 5

Call for details and to register.

### A Walk to Remember

Sunday, October 11, 3:30 to 4:30 p.m.

Each October, memorial walks are held across the nation in honor of National Pregnancy and Infant Loss Awareness Month. Join us for a memory service and a 1-mile walk. **Call to register.**

### Family Health Fair Day Sunday, October 25 9 a.m. to 2 p.m.

Get ready for the flu season. Mark your calendars as we provide free flu shots\* to the community. Bring the whole family for a fun day of free health screenings, including:

- Blood pressure
- Height and weight
- Hearing
- Dental
- Vision

You can also expect other health screenings and

### ThankSharing

Friday, November 13, 7 p.m.

A community worship service to celebrate Thanksgiving and to give back to the community through a food drive.

## Support Groups

### Breastfeeding Support Group Call for details.

### Lupus & Rheumatic Support Group

Third Thursday of each month  
Call for details and to register.

### New Dimensions— For Women General Cancer Support Group

Second and fourth Tuesday of each month, 6 to 8 p.m.

### Men's Cancer Support Group

First and third Tuesday of each month  
6 to 8 p.m.



diagnoses provided at a minimal fee such as:

- Cholesterol
- Glucose
- Hepatitis C Virus
- PSA and TSH tests

\*Flu shot supplies are limited. Availability is based upon national supplies during the flu season.



### Cancer Caregiver Support Group

Second and fourth Tuesday of each month, 6 to 8 p.m.

### "Hopeful Journey: walking the path of loss and hope"

First and third Mondays of each month, 9:30 to 10:30 a.m.

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.**

### Always in My Heart

Second Monday of each month  
7 to 8:30 p.m., fourth Tuesday of each month, 9:30 to 11 a.m.

A bereavement class for parents who have lost a baby. **Call for location, details, and registration.**

## Classes/Programs

### Perinatal Institute Total Care Birth Center

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

**Call for details and to register.**

### Loma Linda University Cancer Center—New Patient Orientation Class

Second Tuesday of each month at 10 a.m., fourth Tuesday of each month at 2 p.m.

Call to register.

### Free Metabolic & Bariatric Surgery Program Seminar

Monthly, 6 to 7 p.m.

Call for details and 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.

### 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. **Call to register.**

## Volunteer Services

### We Need You!

Volunteers are needed. Please attend our Volunteer Information & Orientation Session to learn more about our programs. **Call for dates, times, and details.**

### No One Dies Alone

A NEW volunteer opportunity to provide companionship to a dying patient who would otherwise be alone. No nursing skills required. **Call for more details.**

If the event or class you are looking for is not listed here, please call **1-877-LLUMC-4U** for more information.



# a healthy tomorrow

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## Speaking of Women's Health™

November 13, 2009  
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Set your watch to our theme, "It's The Right Time to; Be Strong, Be Healthy and Be In Charge" and take a day out for yourself to focus on your health and well being.

A \$35.00 ticket includes:

- ♦ Continental breakfast
- ♦ Free health screenings
- ♦ Beauty Tips
- ♦ Exhibits
- ♦ Keynote speakers
- ♦ Breakout sessions
- ♦ Luncheon fashion show
- ♦ Two free gift bags



To register or for additional information please call  
**1-877-LLUMC-4U** or visit [lomalindaevents.org](http://lomalindaevents.org)

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LOMA LINDA UNIVERSITY  
MEDICAL CENTER



### Meet Our Doctors

Angela Caffrey, M.D.

Dr. Caffrey is a gynecologic oncologist specializing in the care of women with cancers of the female reproductive system.

She is board certified in obstetrics and gynecology and an active candidate for board certification in gynecologic oncology.

She specializes in fertility preservation and minimally invasive techniques including robotic-assisted procedures.