

# a HEALTHY TOMORROW

INFORMATION FOR A  
HEALTHY LIFESTYLE TODAY  
FALL 2025

**FOUR FOODS  
THAT KEEP  
YOUR MIND  
SHARP**



LOMA LINDA  
UNIVERSITY  
HEALTH

WHAT TO KNOW BEFORE  
YOUR MAMMOGRAM

PROTECT YOURSELF  
FROM THE FLU

LEARN MORE ABOUT  
PROSTATE CANCER

# ask *the* EXPERT

## Can your diet help prevent breast cancer?

**A:** Yes. What you eat can have a big impact on your health — and may even help lower your risk for breast cancer.

Erica Paulson, MS, RDN, a dietitian at Loma Linda University Health Cancer Center, recommends focusing less on what to cut out and more on what to add in.

One of the best places to start is with a Mediterranean-style diet. It's full of colorful fruits and vegetables, whole grains and healthy fats like olive oil. These foods give your body the natural tools it needs — like fiber, vitamins and powerful plant nutrients.

Try adding foods like broccoli, kale, berries and grapes to your meals. Snack on walnuts or chia seeds. And don't forget herbs and spices like garlic, oregano and turmeric — they add flavor and may reduce inflammation, too.

Soy foods like tofu and edamame are also safe, even for those with a history of breast cancer.

Erica Paulson, MS, RDN, Dietitian,  
Loma Linda University Health  
Cancer Center



**fyi**

Less than 70% of women are up-to-date on mammograms, which can help providers spot cancer early.

## WHAT TO KNOW BEFORE YOUR MAMMOGRAM

**T**he Centers for Disease Control and Prevention (CDC) and the American Cancer Society (ACS) agree: Mammograms are the best way to find breast cancer early, while it's smaller and easier to treat. Many tumors that are too small to be felt are found by mammograms.

Currently, the CDC recommends women ages 50 to 74 get a mammogram every two years. But the ACS suggests yearly screening for all women ages 45 to 54, while those ages 55 and older can continue yearly screenings or switch to a mammogram every two years. Talking with your healthcare provider about your individual risk factors can help determine when to start and how often to get a mammogram.

### WHAT TO EXPECT

Mammograms are low-dose X-rays of the breasts. These images can be enlarged or enhanced as needed, and they're easily shared among your healthcare team.

A technician will arrange your breast on a plastic plate. A second plate will lower for a few seconds to compress your breast while the X-ray is being taken.

Usually, two X-rays are made of each breast. The whole process takes about 20 minutes. Typically, you'll get the results within a few weeks.

### YOUR ROLE IN SCREENING

Here's what you can do to help ensure a smooth screening process:

- Try not to schedule your mammogram for the week before your period or during your period, when breasts may be more tender.
- On the day of your mammogram, avoid applying lotions, powders, creams, deodorant or perfume under or on your breasts or underarms.
- Wear pants or a skirt rather than a dress. This will make it easier to remove your bra and shirt for the exam.
- Be sure to tell the technician if you have breast implants, are breastfeeding or may be pregnant.

Loma Linda University Cancer Center offers comprehensive breast cancer services in one location. Discover all we have to offer at [lluh.org/breast](http://lluh.org/breast).

# FOOD FOR THOUGHT

## 4 FOODS THAT HELP PROTECT YOUR BRAIN

Healthy eating habits show promise in preserving cognition. Here are four foods rich in nutrients that support brain health.



### 1 leafy greens

Chard, kale, spinach or collards. Take your pick and add them to your smoothie, stir-fry or salad at least once daily. Try implementing broccoli in your meals, and you're getting smart nutrients like vitamin C and other antioxidants, which protect brain cells.



### 2 whole grains

Oats, whole wheat and brown rice have high levels of vitamins B and E. These and other nutrients in whole grains decrease inflammation and fight cell damage that causes dementia.

Try to get three servings daily. Check labels closely and choose those with whole wheat or another whole grain as the first or second ingredient.



### 3 nuts and seeds

Whether you prefer walnuts, chia seeds or almond butter, make nuts and seeds a part of your diet at least five times weekly. Their fatty acids and minerals protect brain tissue.

One large British study included more than 50,000 people. Those who ate a serving of nuts per day were about 12% less likely to develop dementia over seven years than those who didn't.



### 4 berries

Vibrant red and blue berries do more than look pretty on top of your cereal or yogurt. Compounds called anthocyanins give strawberries, raspberries and blueberries their color. And they protect blood vessel health.

This keeps oxygen-rich blood flowing through your brain. Aim for two to five servings of fresh or frozen berries each week.

## TAKE CHARGE OF YOUR HEALTH

The Center for Health Promotion supports healthy eating and weight management. Find out more about our services at [lluhealth.org/center-health-promotion](http://lluhealth.org/center-health-promotion).

# LIVE IT

Quick tips to keep you healthy!

For more simple ways you can  
live healthier, longer, visit  
[LiveItLomaLinda.org](http://LiveItLomaLinda.org).

## Ways to keep stress in check

When it comes to stress, the trick to coping well is finding a combination of techniques that work for you. Consider these options: Spend time outdoors being active. Try stretching, deep breathing or meditation. Keep a journal. Take breaks from social media. Talk with someone you trust. If you're struggling or in crisis, call or text **988** or chat online at [988lifeline.org](http://988lifeline.org).



## Protect yourself from the flu this fall

Getting the flu is no fun — especially when it could have been prevented. That's why you should get a flu shot every year. The flu shot helps to protect you and those around you from this potentially devastating illness. Also, adults ages 50 and older should talk with their provider to determine which pneumococcal vaccines they need.





## Weather can trigger asthma flareups

Weather can affect more than outdoor plans. When you have asthma, extreme weather like high temperatures and humidity can inflame your airways, causing symptoms or even an asthma attack. Other triggers may include thunderstorms or sudden weather changes. Talk with your provider about how to identify and manage your triggers — and be prepared for an asthma attack.

## Lower the light at night

That blue light blasting from your phone? It's messing with your melatonin, the hormone that helps you fall asleep. When you do use your phone in the evening, dim your screen brightness or turn on night mode. And if you wake up in the middle of the night, don't check your phone — the light can trick your mind into thinking it's time to rise and shine.



## MEDITERRANEAN BUDDHA BOWL

### INGREDIENTS

#### Roasted chickpeas

1 can chickpeas, drained, rinsed and dried  
1 tsp. olive oil  
¼ tsp. dried basil  
¼ tsp. garlic powder  
Salt and freshly ground black pepper

#### Quinoa

½ cup uncooked quinoa, rinsed  
1 cup water

#### Salad

2 cups mixed field greens or lettuce  
1 cup grape tomatoes, halved  
2 cucumbers, peeled, halved lengthwise and chopped  
1 yellow bell pepper, stemmed, seeded and chopped  
½ cup pitted Kalamata olives  
½ cup hummus



### DIRECTIONS

#### To roast the chickpeas:

Preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper. In a small bowl, combine chickpeas with olive oil, basil, garlic powder, ¼ teaspoon salt and ¼ teaspoon pepper. Spread in a single layer on the baking sheet. Bake for 30 minutes, stirring the chickpeas and rotating the baking sheet halfway through. Remove from the oven and cool slightly.

#### To make the quinoa:

Combine quinoa and water in a small microwave-safe bowl. Cover; microwave for 4 minutes on high. Remove from microwave, stir and heat again for 2 minutes. Stir and let stand for 1 minute in the microwave.

#### To assemble the salad:

Layer greens in the bottom of a bowl. Arrange the grape tomato halves, cucumbers, bell pepper, olives, chickpeas and quinoa in sections around the bowl. Spoon the hummus in the middle of the bowl and serve.



**CLICK THE QR CODE TO WATCH A VIDEO OF THIS RECIPE!**

# UNDERSTANDING YOUR RISK *for* PROSTATE CANCER

**Talk with your provider about your risk and the potential benefits of screening.**

**P**rostate cancer is one of the most common cancers among men, particularly as they get older. While not all men will develop it, certain risk factors can raise the likelihood. Some of these — like age and family history — can't be changed. Others, such as exposure to certain chemicals, may be preventable or manageable. Knowing your personal risk can help you and your healthcare provider make informed decisions about screening, lifestyle changes and next steps.

Several factors can increase a man's chance of developing prostate cancer:

- **Gender.** Only men can get prostate cancer.
- **Age.** Risk increases with age. Most prostate cancers are found in men older than age 65.

- **Race.** African American and Caribbean men of African ancestry face a higher risk and tend to be diagnosed at younger ages. In contrast, prostate cancer is less common in Asian American and Hispanic men than in non-Hispanic white men.
- **Family history of prostate cancer.** Having a father or brother with prostate cancer greatly raises a man's risk for the disease. The risk is even higher when more than one family member has the cancer, especially if at a young age.
- **Chemical exposure.** The U.S. Department of Veterans Affairs notes that men who were exposed to Agent Orange during the Vietnam War have an increased risk.

Talk with your healthcare provider about your personal and family health history. Understanding your risk can help guide decisions about whether and when to get screened.

Symptoms like trouble urinating, blood in the urine or semen, or pain in the back or hips don't always mean cancer — they can also be caused by an enlarged prostate. Still, these symptoms shouldn't be ignored. If you notice any changes, contact your provider right away. Only a medical evaluation can determine the cause and help you take the right steps forward.

## TAKE THE NEXT STEP

Loma Linda University Health offers early detection screenings, treatment options and more. Learn more at [lluh.org/cancer-center/cancer-programs/prostate-cancer-care](http://lluh.org/cancer-center/cancer-programs/prostate-cancer-care).

# WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

FALL 2025



## CLASSES & PROGRAMS

### ALWAYS IN MY HEART

A bereavement support group for parents who have lost a baby from miscarriage, stillbirth or in infancy. We are sorry we are unable to accommodate children. For information, call 909-558-7261 or visit [lluh.org/bereavement](http://lluh.org/bereavement).

### BEHAVIORAL HEALTH OUTPATIENT PROGRAMS

Partial hospitalization and intensive outpatient therapy programs are available for youth and adults facing mental health and substance use challenges. To learn more, call 909-558-9275 or visit at [llubmc.org](http://llubmc.org).

### BIG HEARTS FOR LITTLE HEARTS GUILDS

Loma Linda University Children's Hospital volunteer guilds host events and activities to help meet the healthcare needs of community children. Call 909-651-9849 for more information.

### BIRTH AND BEYOND

Covering everything from the childbirth process to what you need to know about a NICU stay, we offer classes, tours and support groups to help you prepare for your family's newest addition. Learn more at [lluch.org/classes](http://lluch.org/classes).

### CARDIOPULMONARY REHAB COOKING DEMONSTRATION

• Call for dates and times.

Plant-based cooking demonstrations.



### COMPREHENSIVE WELLNESS EVALUATIONS

Make an appointment with our Preventive Medicine providers at the Center for Health Promotion for your annual wellness visit, followed by targeted interventions. Call 909-559-4594 for information.

### DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call 909-558-3022 to register. Four-session program that is recognized by the American Diabetes Association.

### DIABETES SUPPORT GROUP

Diabetes experts provide educational and resource information. For more information, call 909-558-3022.

### GRIEF RECOVERY GROUP

A six-week grief recovery class for those who have experienced a loss due to death. For dates and to register, call 909-558-4367.

### HEALTH 180

To request more information about this 10-session virtual group program that helps you turn your health around, email [health180@llu.edu](mailto:health180@llu.edu).

### HOPEFUL JOURNEY

A support group for moms who are pregnant after experiencing the loss of a baby. For information, call 909-558-7261.

### INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

• Second Thursday of each month, 6 to 7 p.m.

For information, call the Digestive Disease Center at 909-651-4996.

### INTERNATIONAL TRAVEL CLINIC

• Wednesdays, 1:30 to 4 p.m. Walk-in vaccination clinic. Please call 909-558-4594 prior to coming in on Wednesday afternoon.

### KIDNEY AND PANCREAS SUPPORT GROUP

• Second Tuesday of each month, 1:30 to 3 p.m.

For more information, call 909-558-3636.

### LIVER SUPPORT GROUP

• First Friday of each month, noon to 1:30 p.m.

Call 800-548-3790.

### LUPUS AND AUTOIMMUNE SUPPORT GROUP

• Third Thursday of each month, 5 to 6 p.m., Faculty Medical Offices, Room 3925 For patients, caregivers, friends and family who would like more information on autoimmune conditions. Call 909-645-1457.

### MEDICAL MASSAGE

Find relief with a massage that focuses on your specific needs. Call Drayson Center at 909-558-4275 or visit [mydrayson.llu.edu](http://mydrayson.llu.edu) to schedule your session.

### METABOLIC OBESITY CLINIC

Provider visits for long-term weight management. Call the Center for Health Promotion at 909-558-4594.

### MONDAY NIGHT OUT: SUPPORT AND SOLUTIONS FOR WOMEN'S PELVIC HEALTH

• First Monday of each month, 6 to 7 p.m. Learn more about women's health topics and support one another through the phases of life. To register or for more information, call 909-558-5874.

### PARKINSON'S DISEASE EXERCISE GROUP

• Thursdays, 9:30 to 10:30 a.m.

For people with PD who have participated in the LSVT BIG therapy program and want to continue group exercise. \$15/day.

### STROKE/ANEURYSM SUPPORT GROUP

• Third Tuesday of each month, 5:30 to 6:30 p.m.

Led by Dr. Promod Pillai (Department of Neurosurgery). For more information, contact John Purifoy at [jpurifoy@llu.edu](mailto:jpurifoy@llu.edu) or 909-558-4726.

### TOTAL SPINE HEALTH SUPPORT GROUP

• Second Monday of each month, 5:30 to 6:30 p.m.

For more information, contact Korina Lopez at [kolopez@llu.edu](mailto:kolopez@llu.edu) or 909-558-4726.

### WEIGHT LOSS ONLINE SUPPORT GROUP

• Second Monday of each month, 6:30 to 7:30 p.m.

For more information, call 909-651-7091 or email [bariatrics@llu.edu](mailto:bariatrics@llu.edu).

## RESOURCES

### PHYSICIAN REFERRAL LINE

• Loma Linda University Health 800-872-1212



For more information on all classes and programs, call 877-558-6248.

# a **HEALTHY TOMORROW**

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