

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
SPRING 2025

5 THINGS TO KNOW ABOUT POLLEN AND ALLERGIES



LOMA LINDA
UNIVERSITY
HEALTH

UNDERSTANDING STRESS
AND ANXIETY

BOOST YOUR MOOD WITH
NATURAL LIGHT

HOW DOES YOUR MENSTRUAL
CYCLE AFFECT EXERCISE?

ask *the* EXPERT

When should I seek help for stress or anxiety?

A: The answer is different for each of us. Here are some indicators of when it might be time to seek professional support:

- If stress or anxiety are interfering with work, school or personal relationships.
- You are experiencing persistent sleep issues.
- Stress and anxiety are stopping you from doing the things you enjoy.
- You feel isolated from others.
- You are having trouble concentrating.
- You are experiencing an increase in the use of unhealthy coping skills.
- You have experienced thoughts of self harm.

In addition, anxiety and stress can impact our physical health. Anxiety and stress can be related to headaches, chronic pain or digestion problems. If anxiety is impacting your physical health, it's even more important to seek help.

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fyi

Stress and anxiety symptoms can affect your health.

IS IT STRESS OR ANXIETY?

Ever lie awake, your mind racing and stomach in knots? Work deadlines, family issues or financial worries might be to blame. Stress and anxiety affect everyone, but they're not the same.

STRESS VS. ANXIETY

Understanding the difference can help you manage emotions and know when to seek support. Both trigger the body's fight-or-flight response, causing:

- Increased heart rate.
- High blood pressure.
- Sleep problems.
- Headaches or body pain.

However, their causes differ. Stress usually has an external trigger, while anxiety is more internal and often lingers. With stress, you might think, "I have a lot to do at work," while anxiety feels like, "I have a lot to do, and I don't know how to handle it."

HOW DOES STRESS FEEL?

Stress can be helpful, like pushing you to meet a deadline, but it can also disrupt sleep and other routines. It puts your body in "alert mode" and is often temporary.

Common signs of stress:

- Muscle tension.
- Jaw clenching.
- Fatigue.
- Changes in appetite.
- Being emotionally reactive.

HOW DOES ANXIETY FEEL?

Anxiety is more intense and lingers even when symptoms improve. It often involves worries about unreal or future scenarios. When it disrupts daily life, it may be an anxiety disorder.

Common signs of anxiety:

- Excessive fear or worry without a clear cause.
- Racing heartbeat or shortness of breath.
- Sweating or shaking.
- Upset stomach or diarrhea.
- Being restless or irritable.

STAND UP TO STIGMA 5K



Join us on Sunday,
May 4 for Loma Linda
University Behavioral
Health's 7th annual

Stand Up to Stigma 5k. This family-friendly event is a great way to stand up to mental health stigma. Click the QR code to learn more.

HELP FOR MENTAL HEALTH

If you or someone you know is struggling, contact lucbmc.org/info. You can also call or text the 988 Suicide & Crisis Lifeline at **988**, or chat online at 988lifeline.org.

MORE POLLEN, MORE PROBLEMS

5 THINGS TO KNOW ABOUT POLLEN AND ALLERGIES

Do you track pollen counts like some people track sports stats? About a quarter of U.S. adults experience seasonal allergies, or hay fever, which can be a major nuisance during the nicest times of the year.

Surprisingly, pollen itself isn't directly causing your symptoms. Sneezing, runny nose, watery eyes and itchy throat happen when your immune system mistakes pollen for a harmful invader and releases histamine, triggering your symptoms. If you have a pollen allergy, here are five key facts to know:

1 Many plants release pollen.

Ragweed often gets the blame, but many plants release allergy-triggering pollen, including sagebrush, cedar and oak. Your symptoms only occur when the specific pollen you're allergic to is in the air, regardless of overall pollen counts.

2 Start allergy medicine early.

Start your medication before symptoms appear to prevent your body

from releasing histamine. Talk with your provider about the right time to begin taking your allergy medicine.

3 Reduce your exposure to pollen.

Minimize symptoms by reducing your exposure:

- Stay indoors when pollen counts are high.
- Keep windows closed and use air-conditioning with a HEPA filter.
- Shower before bed to wash off pollen.
- Wash your bedding in hot water once a week.
- Wear sunglasses to keep pollen out of your eyes.
- Change clothes after being outdoors.

4 Medication isn't always enough.

Over-the-counter and prescription medications help, but they don't always make allergies disappear completely. If allergies persist, immunotherapy may be an option. This treatment involves exposure to small amounts of allergens through

shots or tablets to make your immune system less sensitive.

5 Rainy days can offer relief. While rain might disrupt your plans, it can reduce pollen in the air. However, hot, dry and windy weather can sweep more pollen into the air and stir up your symptoms.

Working with an allergist, you can find out what specifically you're allergic to and develop a treatment plan that can help control your symptoms.

ALLERGY RELIEF

For a list of services, locations, and allergy and immunology providers, visit lluhealth.org/allergy-immunology.



LIVE IT

Quick tips to keep you healthy!

For more simple ways you can live healthier, longer, visit LiveItLomaLinda.org.



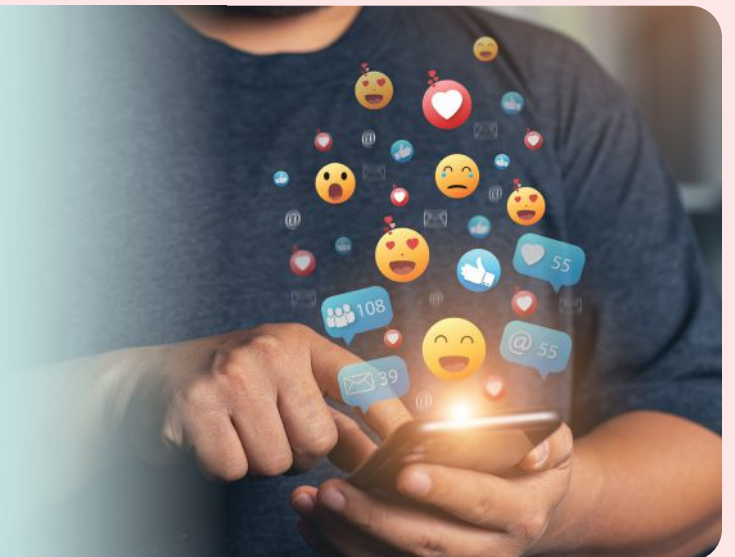
Natural light helps increase happiness at home

Looking for a simple way to boost your mood? Part those curtains and raise those blinds, especially in the living or dining room. Research shows that natural light may improve your emotional well-being while you're working, studying or just being at home. To add natural light without remodeling, hang mirrors throughout your abode. Keep things interesting by varying sizes and styles or grouping several together.

How to avoid social media overload

Social media can connect us with other people and provide helpful information. But there's a dark side, too: falling into a rabbit hole of anxiety and stress. Allot a set amount of time every day to spend on social media apps, news outlets or on your phone in general. When your time is up, back away from the screen. Apple users can set time limits by turning on the "Screen Time" preferences, while Android users can enable the "Digital Wellbeing" feature.

WE'RE HERE TO HELP. To learn more about Loma Linda University Behavioral Health, visit lhubmc.org.





Skip the weekend warrior routine

When you're pressed for time, you may be tempted to pack a week's worth of exercise into your weekend. But that's not the best way to get fit or reap the benefits of exercise. More important, it could result in injury. Aim for at least two and a half hours of moderate activity — like brisk walking or gardening — throughout the week. Don't have that much time? Cut it in half by choosing activities that get your heart pumping, like jogging or biking at a faster pace.

SIGN UP FOR A CLASS THIS SPRING. Loma Linda University Drayson Center offers activities and classes to help you stay active. For details, see drayson.llu.edu.

Get the facts about cervical dysplasia



Cervical dysplasia is a term for abnormal cells on the cervix. Most cases are caused by the human papillomavirus (HPV). Getting the HPV vaccine can help prevent cervical dysplasia and cervical cancer. The HPV vaccine is recommended at age 11 or 12, but you can get vaccinated until age 26. A Pap test can find cervical dysplasia early, when it's easier to treat. You may also get regular HPV tests to check for HPV. Your provider may suggest having Pap tests more often before recommending treatment.

YOUR PARTNER IN GOOD HEALTH. Learn more about our gynecological services at llu.org/obgyn.

STUFFED PEPPERS

INGREDIENTS

- 4 large, square red, yellow or green bell peppers (about 1½ pounds total)
 - 1 tbsp. olive oil
 - 1 large clove garlic, minced
 - 2 tbsp. minced onion
 - 2 dried red chilies
 - ½ cup diced tomatoes, peeled and seeded
 - 1 can black beans (15.5-ounce), drained and rinsed
 - 2 cups cooked brown rice
 - ½ cup water
- Serves: four

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Wash peppers and cut off tops ¼- to ½-inch down.
3. Remove seeds; set tops aside. Put peppers in a baking dish.
4. Heat oil in a skillet over medium-high heat.
5. Sauté garlic and onion with dried red chilies until onion is soft, about 5 minutes.
6. Add tomatoes, beans and brown rice. Mix thoroughly.
7. Spoon mixture into prepared peppers and put tops back on.
8. Add ½ cup water to the baking dish.
9. Cover and bake until peppers are soft, about 45 minutes to an hour.



CLICK THIS QR CODE TO FIND MORE HEALTHY RECIPE VIDEOS!

HOW DOES YOUR **MENSTRUAL CYCLE** AFFECT YOUR WORKOUTS?

Take time to stretch to reduce your risk of injury.

Are you full of vitality — or sapped of strength — at certain times each month? If so, you're not alone. Some people find their menstrual cycle impacts how energized they feel. The more you understand how your cycle works, the easier it is to make the most of your workouts. Here's what you need to know.

WEEK OF YOUR PERIOD

Estrogen and progesterone hormone levels are at their lowest when your period begins. But as your period continues, they begin to rise. This can translate to more energy. You may find this extra oomph makes you better equipped to work out than in the weeks before your period.

WEEK AFTER YOUR PERIOD

You may notice more pep in your step after you bid farewell to your period. This is due to your estrogen levels going up before ovulation, when an egg is released from an ovary.

OVULATION

During this time, your estrogen levels peak. Then, after you ovulate, your estrogen sharply declines and your progesterone starts to rise, which may leave you more fatigued than normal. But engaging in physical activity can help improve your mood and make you feel more energized. Try a morning workout if you start fading later in the day.

THE WEEK BEFORE YOUR PERIOD BEGINS

Progesterone and estrogen both decrease (as long as you're not pregnant). This decline in hormones can make you feel more sluggish. But even if you're a little tired, remember that working out can help ease premenstrual symptoms.

Want to learn more about your energy levels and your menstrual cycle? Keep a fitness journal for at least a few months to track when you have the most (and least) get-up-and-go.

MAKE AN APPOINTMENT

We're here to support you. For an appointment with one of our gynecologists, visit lluh.org/obgyn.



WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

SPRING 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.

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.

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.

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 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 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, please email 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 to schedule your session.

METABOLIC OBESITY CLINIC

Provider visits for long-term weight management. Contact 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 each other 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 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 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.

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**

A *Healthy Tomorrow* is published by Loma Linda University Health to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.
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Developed by Krames, a WebMD Ignite solution.



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Printed on Recyclable Paper.

964M

Loma Linda University Medical Center

11234 Anderson Street
Loma Linda, CA 92354-2804

Postmaster:
Please deliver between
March 24 and 28.

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U.S. POSTAGE
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Thank You to our employees.

Celebrating our staff during
Hospital Week, Nurses Week,
and all year long.

We take pride in serving our community and could not provide high-quality healthcare without our dedicated employees. Every member of the Loma Linda University Health team is committed to healing those we serve through compassionate, whole-person care.

**Inspired by Faith.
Empowered by Purpose.**

CONNECT WITH US!



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