

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
SUMMER 2025

SUN SMART TIPS FOR SUMMER FUN



LOMA LINDA
UNIVERSITY
HEALTH

DON'T GET BURNED BY SUN
SAFETY MYTHS

ARE YOU GETTING
ENOUGH FLUIDS?

MENTAL HEALTH SIGNS
AND SYMPTOMS

ask *the* EXPERT

Which sunscreen should I choose?

A: Sunscreens help protect your skin from the sun's harmful rays and have been shown to prevent skin cancer.

There are two main types: physical and chemical.

- **Physical sunscreens** act like a shield, deflecting or scattering ultraviolet (UV) rays.
- **Chemical sunscreens** work like a sponge, absorbing UV rays and converting them into heat, which is then released from the skin. Since this process takes time, make sure to apply sunscreen 15 to 30 minutes before going outside.

Choose a sunscreen with SPF 30 or higher and broad-spectrum protection (UVA and UVB). Reapply every two hours, and choose a water-resistant formula if you're swimming or sweating.

Some sunscreens are tinted and contain iron oxide, which helps protect against visible light — a type of light that penetrates more deeply than UV rays and can worsen dark spots or hyperpigmentation.

When deciding between a mineral or chemical sunscreen, choose the one that works best for your skin type and personal preference.

Janiene Luke, MD, Dermatology,
Loma Linda University Health



fyi

A single blistering sunburn you got as a child nearly doubles your risk of developing melanoma later in life.

DON'T GET BURNED BY THESE SUN SAFETY MYTHS

Think you know how to protect your skin from the sun? You might be surprised. Some common beliefs about sun safety can leave you exposed to harmful ultraviolet (UV) rays.

Here are a few common myths:

MYTH: Tanning is harmless as long as you don't burn.

REALITY: Whether you get a tan or a burn, any change in the color of your skin after exposure to the sun's UV rays is a sign of injury. And if the UV rays come from a tanning bed instead of the sun? They can still cause lasting skin damage and significantly increase your risk for developing skin cancer.

MYTH: Having a base tan lowers the risk of getting skin cancer.

REALITY: Nope. Tanning actually raises your risk for skin cancer. That includes melanoma, the deadliest form of skin cancer, which is one of the most common cancers in people younger than age 30.

If you want the look of a tan without the cancer risk and early wrinkles, consider self-tanner. Just keep in mind that it doesn't offer any protection from the sun.

MYTH: SPF 30 protects you twice as much as SPF 15.

REALITY: The American Academy of Dermatology recommends wearing a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. But that doesn't mean you can spend twice as much time outdoors as you could with an SPF 15 product. SPF numbers are actually based on the amount — not length — of sun exposure.

MYTH: High SPF sunscreens can be applied less often.

REALITY: Not true. Reapply sunscreen every two hours when outdoors, or more often if you're sweating or swimming. Even water-resistant sunscreens only hold up for 40 to 80 minutes in the water. Check the product label for specifics.

TIME FOR A SKIN CHECK?

Have an unusual spot on your skin? Schedule a head-to-toe skin exam. To make an appointment with one of our primary care providers, go to lluh.org/primary-care.

HYDRATE YOUR PLATE

PRIORITIZING WATER-RICH FOODS

Staying hydrated isn't just about quenching your thirst — it's essential for overall health. It helps your kidneys and other organs work as they should, keeps your blood pressure in a healthy range and maintains brain function.

ARE YOU GETTING ENOUGH FLUIDS?

The National Academy of Medicine now recommends a daily fluid intake of about 11 cups for women and 15 cups for men. However, chugging that much water throughout the day can start to feel like a chore. And if you exercise, live in a hot climate or take certain medications, you may need to be drinking even more.

THINK BEYOND THE GLASS

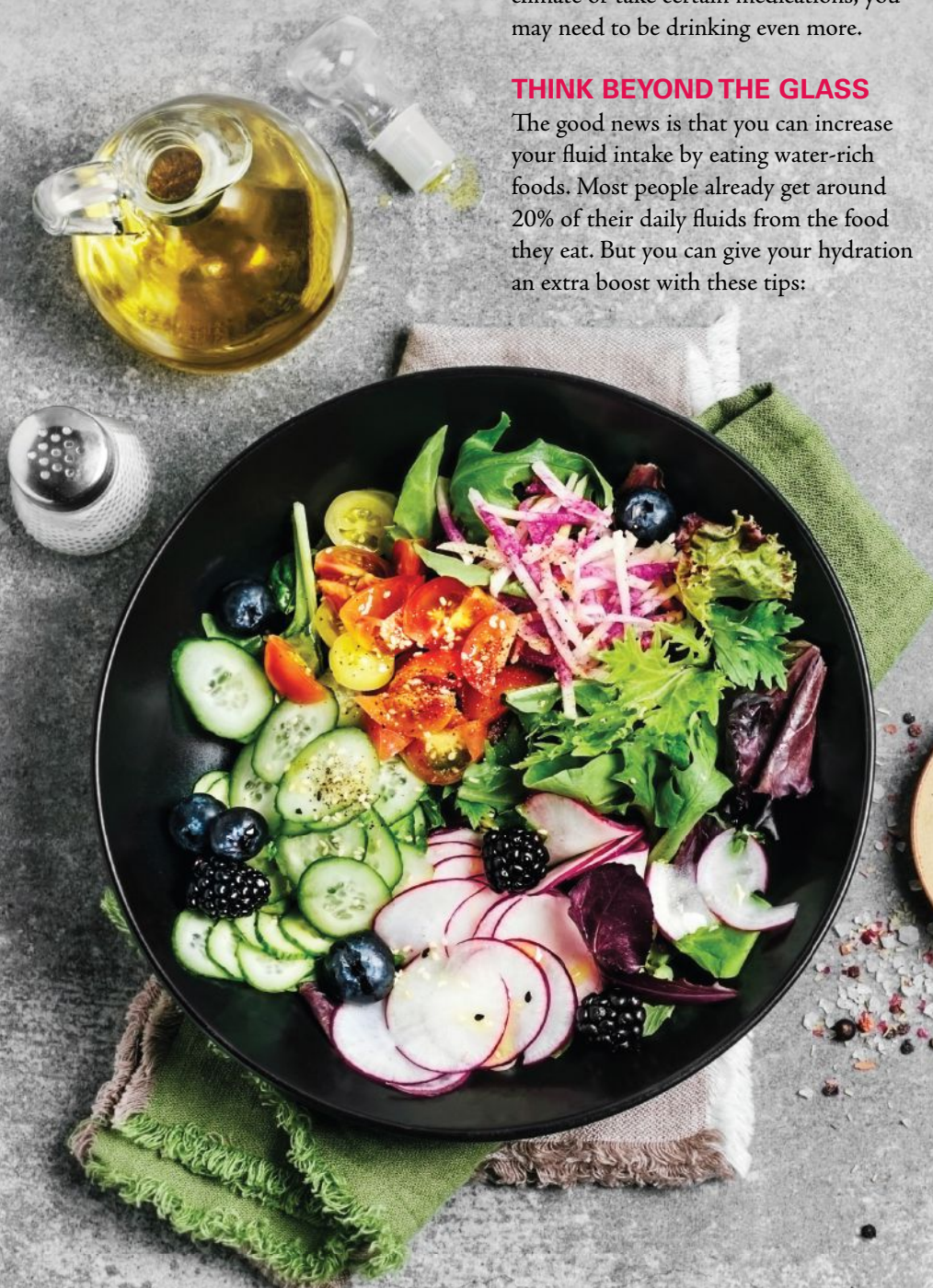
The good news is that you can increase your fluid intake by eating water-rich foods. Most people already get around 20% of their daily fluids from the food they eat. But you can give your hydration an extra boost with these tips:

- **Go for high water content.** Focus on raw fruits and veggies like tomatoes, celery, bell peppers, lettuce, berries, melons and apples.
- **Add hydration to every meal.** For example, top your morning oatmeal with a handful of fresh berries and include lettuce on your sandwich.
- **Make water-rich foods the star.** Enjoy a big salad or a bowl of vegetable soup as your main course.
- **Trade dry snacks for juicy options.** Swap nuts or crackers with a bowl of grapes or cucumber slices to munch on during the day.
- **Keep your freezer stocked.** Frozen fruits like berries and peaches make for a convenient, cool treat.
- **Jazz up your water.** Use sliced citrus, cucumber spears or muddled berries for fun flavors.

Adding water-rich foods to your day is an easy (and a tasty) way to keep your hydration on track. Although keep in mind that you can't fully replace your fluid needs with food, so drinking water is still a must!

TAKE CHARGE OF YOUR HEALTH

The Center for Health Promotion supports healthy eating and weight management. Learn more at 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.



Keep young minds engaged this summer

The summer slide isn't a new trend — it's the loss of knowledge and skills that can happen when school is out. Keep kids motivated with activities that feel more like play than schoolwork. Visit the library to read, check out books and join events. Encourage journaling to capture summer memories and practice writing. Use pizza night to go over fractions and home cooking to review measurements. Volunteering as a family can also build skills while giving back to the community.

Want to give back? Check out our volunteer opportunities at lomalindavolunteers.org.



Harmony in healing

Dealing with a health condition doesn't just affect your physical well-being — it can also stir up a range of strong emotions. At times, you might feel anxious, sad or overwhelmed. Music offers meaningful comfort and can help you regain a sense of control. It could be as simple as listening to a familiar song or humming along. Whether you sing to let your emotions out or choose something soothing to calm your mind, music provides an instant lift that can make a real difference.

Need help managing stress? The experts at Loma Linda University Behavioral Health are here to help. Discover the services we offer by visiting luh.org/behavioral-health.



Hot outside? Be sure to adjust your workout

Working out in the heat and humidity often means adjusting your plan. For example: Shift your exercise to a cooler period earlier in the morning or later in the evening. Take a new route that allows for more water stops. Hydrate throughout the day and during exercise. Dial down the intensity or length of your workout when needed. (Your body really is working harder in hot, steamy weather.)

Loma Linda University Drayson Center offers activities and classes to help you stay active this summer. For class schedules, visit drayson.llu.edu.



Fire up the grill with these favorites

Make the most of summer by grilling with fresh, in-season produce. Not only is it at its peak flavor, but it's also more affordable than out-of-season options. Toss corn, peppers and zucchini on the grill, or add a sweet touch with fresh berries.

For a delicious end to your meal, try grilled peaches or pineapple over Greek yogurt.

For healthy, wholesome recipes that keep your family satisfied, watch our Live It in the Kitchen cooking show at llu.org/live-it and subscribe to our Recipe of the Month newsletter at llu.org/pref.

HONEY-LIME SWEET POTATO TACOS

INGREDIENTS

- 1½ lb. sweet potatoes, peeled if desired and sliced into ½-inch sticks
- 4 tbsp. olive oil, divided
- 1 tsp. cumin
- 1 tsp. smoked paprika
- ½ tsp. ground coriander
- ½ tsp. chili powder
- Salt to taste
- 1 cup sliced small red onion
- 1½ tsp. minced garlic
- 3 tbsp. honey
- 3 tbsp. fresh lime juice
- 2 tbsp. chopped fresh cilantro leaves
- Warm corn or flour tortillas
- Green and purple cabbage, cotija cheese (Monterey Jack would also be good), diced avocados, and fresh salsa or pico de gallo and hot sauce (optional)

DIRECTIONS

1. Preheat oven to 425 degrees. Use a baking mat or line a baking sheet.
2. Drizzle sweet potato sticks with 3 tablespoons olive oil and toss to coat. Sprinkle with cumin, paprika, coriander and chili powder and season lightly with salt to taste. Then toss to evenly coat.
3. Bake in preheated oven for 15 to 20 minutes until tender, removing from oven and tossing once halfway through baking.
4. In a large skillet, heat remaining 1 tablespoon olive oil over medium-high heat. Once hot, add onion and sauté until golden brown, about five to six minutes, adding in garlic during the last 30 seconds.
5. Reduce heat to medium-low. Add in honey and lime juice. Heat until warmed through.
6. Toss in roasted sweet potatoes and cilantro. Serve over warm tortillas with desired toppings.

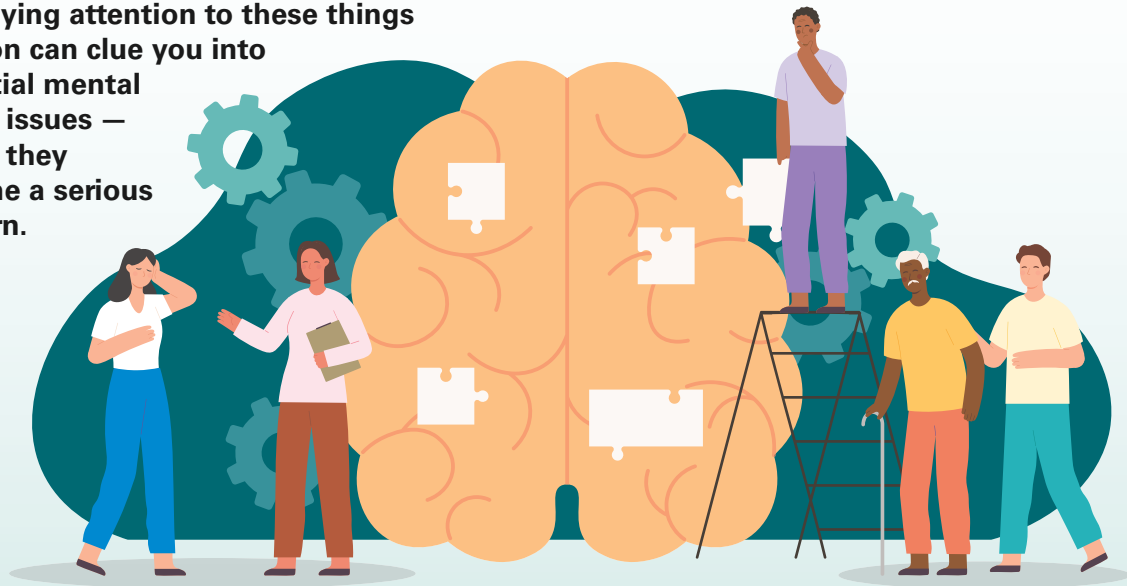


CRAVING MORE?

Click the QR code for quick and healthy recipes with step-by-step how-to videos.

SIGNS IT'S TIME TO CHECK IN ON *You*

It's easy to overlook small changes in your thoughts, feelings or behavior. But paying attention to these things early on can clue you into potential mental health issues — before they become a serious concern.



Here are signs you shouldn't ignore:

Emotional changes

- Feeling very worried, afraid or sad.
- Being much more irritable than normal.
- Experiencing big mood swings, both highs and lows.

Behavioral differences

- Having no desire to participate in any activity.
- Not functioning as well in school, work or sports.

Physical symptoms

- Feeling sick and not knowing the cause.
- Being tired or having low energy.
- Heightened sensitivity to sights, sounds, smells or touch.

Shifts in routine

- Feeling very hungry — or not hungry at all.
- Not taking care of yourself or your living space.
- Changes in sleep habits.

Cognitive difficulties

- Trouble concentrating or remembering things.
- Having jumbled thoughts.
- Getting stuck on one thought, like how you look.

Social struggles

- Avoiding loved ones.
- Having a hard time relating to other people.
- Changing friends frequently in a short time.

If any of the following apply to you, it's time to ask for help:

- You're experiencing several symptoms at once.
- Your symptoms last more than two weeks and interfere with daily life.
- You're unsure if what you're feeling is "normal."

Don't hesitate to reach out to your healthcare provider. For immediate support, call or text **988** to speak with a counselor. Loma Linda University Behavioral Health offers many services to support you. Learn more at lluh.org/behavioral-health.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

SUMMER 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.

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.

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.

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 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.

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. © 2025. All rights reserved. Printed in the U.S.A. Developed by Krames, a WebMD Ignite solution.



LOMA LINDA
UNIVERSITY
HEALTH


Dr. Richard H. Hart
President, Loma Linda University Health

Rachelle Bussell
Senior Vice President of Advancement

Heather Valentine
Editor in Chief

Jessica Berto
Managing Editor

Erica Gomez
Creative Editor/Strategist

 Printed on Recyclable Paper.

964M

Loma Linda University Medical Center
11234 Anderson Street
Loma Linda, CA 92354-2804

Postmaster:
Please deliver between
June 23 and 27.

NON-PROFIT ORG
U.S. POSTAGE
PAID
Loma Linda University
Medical Center



OUR COMMUNITY | OUR MISSION | OUR NEXT STEPS



In the field of cancer research, our collective efforts become a powerful catalyst for breakthroughs, advancing scientific discoveries and opening doors to life-saving treatments. At Loma Linda University Health, your support powers discovery. Together, we're unlocking new treatments, transforming lives, and shaping the future of cancer care.

Be part of the next breakthrough.

Learn more at llu.org/strongertogether.



Scan here to join
the campaign!



LOMA LINDA UNIVERSITY
HEALTH

CONNECT WITH US!



@lluhealth



Facebook.com/LLUHealth

Want more? Click the code to sign up for e-news on topics that interest you.

